YOUR SELF IS COMPLETE

Embark toward your true freedom and spiritual peace

Loreto Pastenes Matei

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INTRODUCTION: The Call to Wake Up

Here I am, ready to start writing about such essential topics regarding the evolution and understanding of human beings. Subjects such as deliberate living, self-love, and true freedom are some of the many contents you will find throughout this reading. My life, personally, has had and continues to have a rich, varied, and colorful mix of experiences, similar to a rainbow. I treasure them all with all my heart and soul, despite the bittersweet experiences. They taught me to discover myself even more. Thanks to my outstanding courage and willingness to choose and decide on each of the different situations I have experienced throughout my life, I am who I am today. Everything I have experienced has helped me and will continue to do so through my eternal growth, expansion, and individual, mental, emotional, and spiritual evolution. I am grateful, embracing each of my experiences. They provided me with the respective wisdom and lessons received during and after the specific situations as a result of my choices and decisions made.

Remember the strong conviction that we are all already complete, in essence. You just need to remember it, if you are not yet aware of it. There is nothing outside of you that can make you feel complete or whole: that is an illusion. Your entire existence has always resided within you. The answers you need reside inside you; you just need to realize the truth in order to truly free yourself from any mental and emotional

obstacles or blockages. To this wholeness, you can add all the experiences you have acquired throughout your life, giving you even more self-discovery and self-knowledge of your purely integral essence. You are a miracle of life itself. Every human being is already whole simply by existing in the likeness of God, the Universe, or whatever you want to call it. Everything is already there and lives within you as it should be. We are all where we need to be; nothing is random. That is the great secret of being complete and truly whole, without needing anything external. The key lies in realizing this truth: how valuable, authentic, and unique you already are. You are pure love. You are irreplaceable. Become aware of your uniqueness, value, and singularity. Nothing in this life can be taken for granted. Life is a constant activity, stillness, and expansion, mentally, emotionally, physically, and spiritually.

We are part of the Universe and the cosmos. It helps you greatly and favorably to develop a mindset of gratitude and humility on a regular and consistent basis. Appreciate everything you have, not only in terms of material things or possessions, but also recognize your spiritual wholeness, along with all the interpersonal relationships you have experienced throughout your life: both positive and negative. You grow and evolve deeply, facing enormous challenges of all kinds. Take advantage of the different lessons learned from your experiences; you will become a wise, resilient, vigorous, empowered, and peaceful person. Even by simply being aware of your existence in this world, you are fostering self-acceptance, self-love, and self-discovery. Be aware of your

individual, unique, and eternally irreplaceable self. Nothing is permanent; everything is impermanent.

Remember: change is intrinsic to human beings. Live in the here and now. Enjoy and accept what life presents you with. Don't resist. Let yourself flow with the Universe and its profound mystery.

The present is the only thing that exists to embrace, accept, and enjoy. Rejoice and appreciate the fact that you have what you have, what you had, and what you will have. The process becomes an act of humility and gratitude, actively treasuring relationships and situations, enjoying the beautiful nature that surrounds you with greater awareness, and being thankful for the many joys that life offers you.

You are always your priority. Be kind, gentle, and flexible with yourself. True freedom is found at the soul level. Dare to discover your essential self lovingly now. Don't accept that your life will pass you by without first discovering yourself deeply. That is where the beauty of living consciously and mindfully lies. Have a lot of willpower, as well as courage to face all the situations and interpersonal relationships that come into your life. All of them will teach you something very valuable for your personal, emotional, and spiritual growth and evolution. They will bring you countless personal, spiritual, and all kinds of blessings. We grow mentally, emotionally, and spiritually primarily through suffering and pain. The truth is that we are all human beings who have made mistakes on some or many occasions. However, all of

this is part of the trial and error experience that comes from committing actions that we may later regret or suffer emotionally from. Always be aware of all your options and decisions. Make decisions with conscientiousness, guided by your soul and heart. Resolutions made from your essence are the right and true ones, since you understand that any consequence derived from that place will be embraced and supported with much love, humility, gratitude, and inner peace by you.

Suffering is optional. However, pain is inevitable. Both are extraordinary tools for self-discovery and developing self-love, if you feel you lack it. Daring to live in the discomfort zone is the true reality and option that intentional living in this world offers you. Always live consciously and mindfully. Welcome suffering and pain. Do not be afraid to feel disappointed or disillusioned; you will not collapse, but rather you shall become tremendously stronger in every way. You will discover skills and facets of yourself that were perhaps unknown until then. Resilience is one of them; it is always with you. Awaken all your mental and spiritual abilities and capacities yourself, now. Do you feel ready to live fully, recognizing how powerful your essential being is? Decide to discover yourself right now. You can't waste any more time on trivial things. Your self-knowledge is crucial and definitely very necessary to become the person you already are, but perhaps you don't recognize it yet or have doubts about your full self-discovery.

I am not an expert in anything; far from it. I am just a very curious explorer of life itself, knowledge, and human behavior in all aspects: psychological, spiritual, subconscious, emotional, and mental. Although I am not a psychologist by profession, I have emotional intelligence. My deep understanding of the human mind, emotions, and behavior certainly enables me to help and motivate people in all areas of their existence in this world. Through my writing on various topics related to the mind, spirit, and emotions, they can expand and evolve their entire being, thanks to the valuable information I offer them.

I have had many different and abundant experiences of all kinds in my life. You learn and grow deeply by living them, feeling them, and experiencing them firsthand. In addition to the lessons learned from my life experiences, I have had the opportunity to read a considerable number of motivational and inspirational books, and I continue to do so throughout my life. All of my reading continues to provide me with great knowledge about the inner life, the mind, the emotions, and the feelings that dwell within human beings. The relevance of my knowledge is the possibility of connecting with others on a soul level, understanding what is happening within them. It has helped me develop more empathy, compassion, and resilience by understanding what life in this world is all about. Deep self-discovery is an eternal path that equips me with valuable life wisdom that I can freely and openly share. My intention is to humbly contribute to society through my unique knowledge and experiences. It is a journey undertaken with presence, awareness, and attentiveness, learning from the

different lessons that my experiences and life events have taught me.

I know that I am a completely imperfect human being. That is where the beauty of it all lies. That is why feelings of guilt are not valid in relation to living intentionally. You live deliberately from your soul and heart, without harming anyone. You should not have to apologize or feel guilty while living intentionally. Guilt does not exist. Do not be influenced by a conditioned mind.

The conditioned mind identifies with different experiences and behaviors from the past, causing a similar pattern of behavior and thinking in the present moment. It is important to learn to carefully modify learned mental conditioning, essentially through deep self-knowledge. It is a way of unlearning what was learned in the past in order to update mental states in the present moment. Techniques such as self-reflection, self-knowledge, introspection, meditation, silence, and contemplation, among others, contribute to the forgetting of archaic and obsolete models of behavior and thought. I invite you to practice them regularly until they become part of your updated behavioral habits. It is possible to change this type of conditioned mindset with the help of self-awareness, discipline, and patience, along with the intention to carry it out mindfully. Your past does not define your future. The present defines it.

Human beings are divine by nature. One of the characteristics of individuals is the number of contradictions that exist within them, whether consciously or unconsciously.

Why do human contradictions exist? Reflect on this. The answer is both complex and simple. The human mind is generally conditioned to live comfortably without accepting major life changes. However, there are other individuals who thrive on transformation. Why do some dare to take a step into the unknown and others do not? Individuals who take the risk to venture beyond their comfort zones possess the necessary and self-confidence, fueled by self-knowledge, to guide them toward their personal life transformation. These people thrive on novelty, challenges, and uncertainty, embracing and accepting the various challenges that arise during the course of different situations and interactions in their lives. They are not afraid of the unknown; on the contrary, it excites them with enormous curiosity. They are capable of experiencing new and enriching experiences, as they have the necessary courage, self-knowledge, and willpower.

Individuals who do not decide to step outside their comfort zone lack the willpower, self-knowledge, and self-confidence necessary to face all the uncertainties and challenges before them. Moreover, the absence of motivation and interest in their surroundings limits their actions and inactivity toward a possible transformation and transcendence in all areas of their lives. They do not realize the potential in acquiring new and meaningful experiences and deciding to take that leap of faith.

They have become accustomed to their familiar surroundings, without any major setbacks. This makes it easier for them to continue living, in a way, predictably and comfortably at the same time. They do not accept changes in their lives with much conviction. They are reluctant to challenge the familiar for the uncertain. The idea is to question why they resist change and new experiences. Dare to stir your mind to think and live in new ways to achieve the necessary personal transcendence and transformation. It is about questioning your habits, behaviors, and familiar feelings in certain circumstances and trying to transform them into everyday challenges.

Contradictions are a reflection of the imperfections inherent in human beings. People vary their behavior based on their thoughts, feelings, and emotions. Generally, they do not act consistently in most cases. They contradict their actions with what they really think, feel, and want to do. However, genuinely accepting your contradictions can become a source of exceptional creativity, resilience, and self-knowledge.

Perfection exists only in nature itself, not in human beings. You can realize this by appreciating the beauty of a natural landscape, for example. The perfect beauty of a flower or a tree cannot be compared to anything humanly possible. Connecting with the contemplation of nature brings you peace, love, and a special divine energy. Experience and appreciate contact with the beauty of nature in its utmost perfection, just as it is. You will feel an energetically magical inner vibration when you observe it. That is one of the many

divine gifts available to you, where perfect nature shows itself to you in all its splendor, always.

Reflect on what is real in this world. This means that your perception of external reality is directly connected to your inner world and your conditioned mind. As within, so without. Your inner self is reflected on the outside. Feed your thoughts positively, always. Some people may feel a disconnect between their daily routines and their soul's longing to experience a deeper purpose. Have you ever experienced that feeling? Have you ever wondered why that happens?

Connecting with yourself requires time, consistency, introspection, reflection, patience, self-love, self-respect, and I would say discipline as well. You must be mindful of your actions and surroundings. Connecting with your feelings, thoughts, and emotions is imperative to understanding the reason for your disconnection from yourself and your environment. It is advisable to ask yourself what is causing the disconnection you are feeling. Identify it in detail, clarifying the reason and seeking a solution so that you can reconnect with your true self.

One way to reconnect with yourself is to live in the present moment, here and now. Mindfulness: I recommend practicing it if you haven't already. Connecting with the here and now immerses you in your center, your very essence. It is only there that the connection with yourself occurs instantly. Being completely and attentively connected to your center will feel

as if time stands still and everything is vibrating in harmony, love, peace, and joy. However, time does not stand still; it changes. Only by living in the present, without thoughts of the past or the future, can you truly live connected to everything. Your daily activities or routines are felt with a deeper and fuller awareness when you do them mindfully. The process is not complicated. In fact, everything is very simple. You have the ability to feel everything you do, always. It is only up to you to decide to practice it. It is no secret. It is a pure and simple universal reality. Enjoy the effect of feeling your body as you walk in the present moment. Form the habit of practicing the presence of your being. The call to awaken is an invitation to effectively begin to live consciously connected to your pure essence, loving it, accepting it unconditionally and fully. It is a call to live in eternal mindfulness. Realize how valuable you are, without needing anything external to you. Being who you are is more than enough to start enjoying and living mindfully during all your daily activities, regardless of how much time passes.

Time does not exist. Don't pay any attention to it. It is pure illusion, nothing more. Furthermore, by being still with yourself, you will feel a deep peace, love, and joy that will make you want to prolong that mental and spiritual state beyond this world. This experience of deep inner tranquility increases, enhances, and further deepens the connection with your own essential being at the soul level.

Have you experienced mental stillness and felt that time ceases to exist? That is what presence provides you

intimately. It is a state of complete union between humans and the divine.

Do you know how to connect with your essence? Have you experienced yourself attentively during periods of solitude and stillness? You will immerse yourself in an inner world that will fill your soul with pure peace, stillness, clarity, harmony, love, and joy. Practice mindful meditation, contemplation, relaxed breathing, and nature walks. Form these healthy habits in your daily life.

Every day of your life, you have the possibility and choice to awaken your inner joy, the enjoyment of living consciously in the present. Do you dare to live like this? Your soul will be truly grateful for your decision, even if you don't know how you achieved it. Let yourself be guided by your inner voice. Listen to your intuition; it represents the voice of your soul and is always correct. It lovingly whispers your true path in life. Choose and decide wisely, obeying your higher self. You know consciously or unconsciously what is best for you. Don't be afraid to give it to yourself honestly, without apologies. You are always your priority. Do you prioritize yourself? When was the last time you put yourself first?

Be brave and decisive when choosing and deciding your options. You have free will. Your true freedom is valid for developing and making any kind of choice and decision. Choose consciously from your soul and heart; that is where the true foundation of every wise decision lies. Have you chosen and decided that way lately? Do you give yourself

permission to feel spiritually? I recommend reflecting on this approach in your daily life. It is a challenge to choose first and then decide what to do with your choice. It may seem simple and straightforward to go through the process of choosing something in particular and then making the corresponding decision. However, it is not so simple. It is necessary to go beyond the superficiality of the particular issue and delve deeply into your essence to understand the meaning of a decision that may be accessible to your true essence. Once you comprehend the significance and potential outcomes of your choices, you will be able to make decisions with confidence rooted in your soul and heart.

Essentially, true and complete freedom resides within you, in your soul and spirit. The influence of the external environment and society should not be triggers of uncertainty when making your decisions clearly.

In fact, the simple and direct way to live is by listening to your soul and spirit. This divine connection leads you to the possibility of experiencing a life of constant joy, love, peace, and harmony. Once you decide to truly tune in to your essence, you will be able to use your willpower and self-confidence to declare your right to fully enjoy your presence with yourself and others.

Do you delight in your presence alone and in the company of others? How do you perceive your presence in solitude? Do you enjoy being in your own company?

The call to awaken is now. You are the starting point for everything you intentionally set out to do from now on, deliberately, in your life. Do not waste or miss this opportunity to grow and evolve in your own way, without apology. What does it mean for you to live deliberately? Reflect and search deep within yourself, and you will realize that you have no limitations to achieving it. Mental and emotional blocks and impediments are a creation of the individual's mind.

Reflect and recognize if you are acting and behaving from your conditioned mind. Once you realize this, begin to free yourself from the patterns of thoughts, emotions, and feelings from the past that are now obsolete and do not align with your true self. Welcome your new and fresh mindset. Dare to discover yourself at your very essence, every day. The answers to all your questions are within you, always and forever. Return to your essence now.

Would you like to know why it is so important to awaken to a life lived intentionally? It refers to and is related to the soul's purpose of your authentic self. Self-knowledge, self-acceptance, self-love, self-esteem, self-worth, and self-respect are the pillars of a life well lived and enriching for your mind, soul, and spirit. Recognizing that you are living intentionally leads you to experience profound, meaningful experiences that are of great value and contribute to your mental, emotional, and spiritual growth.

Awaken your inspiration and motivation for conscious living, now. Enjoy your own individuality and uniqueness, as well as the enjoyment of your entire environment. Remember, you do not live in isolation or separation from anything or anyone. We are all connected in some mysterious way. Your existence is connected to EVERYTHING in this Universe. You are nature; you are part of it. You are a plant world, connected to the cosmos itself. Everything is absolutely interconnected. Remember: you are a co-creator of your life reality.

Are you living intentionally every day? Are you aware of and conscious of the importance of deliberate living?

Remember your uniqueness and authenticity at all times. Accept and embrace your uniqueness, being aware of the power it gives you. Be convinced of your eternal wholeness. Nothing is lacking within you. You have everything. You are a divine miracle. Awaken your mental, emotional, and spiritual abundance, and you will see how life smiles at you and embraces you lovingly. You are the universe of your life. By expanding yourself, you are helping the cosmos expand with you; you coexist together. Permit yourself the opportunity to experience the beauty of living in this world with so many opportunities to learn and experience different situations and people every day. Every day is not the same as yesterday. No day is ever repeated. Every day of your life is a gift, literally. Face them and embrace them with love, curiosity, purity, honesty, and tranquility. Let the magic and miracles that the Universe gives you every day flow. Flow,

day by day, reciprocally with yourself, with others, and with the cosmos itself.

Have you noticed when was the last time you felt truly connected to nature, to the Universe? How did you feel? What did you experience? Can you describe it in words?

The possibility of connecting with yourself and everything around you is available to you every day of your existence in this world. Live consciously with this option at your fingertips; it is always within your reach. It is up to you to open yourself to this alternative and receive it reciprocally. No event, situation, action, person, feeling, or emotion repeats itself; absolutely nothing. That is why it is so vital to enjoy every moment as if it is your last. Everything is active impermanence. Everything changes and flows incessantly. Do not become attached to anything or anyone. Always live in tune with the rhythm of the Universe.

This introduction gives you some clues about what it means to live awake, alert, and aware in this world. It inspires you to live life as fully as possible within your personal desires. I hope you enjoy and learn from this book, which was written from my soul.

CHAPTER 1: The Fundamentals of Intentional Living

Discover how to live with intention, through the use of mindfulness in your daily life, without asking for forgiveness or apologizing. Living with purpose, presence, and awareness of your surroundings, thoughts, feelings, emotions, and behaviors is a way of life that is very beneficial to your physical, mental, emotional, and spiritual health. Deliberate living is oriented toward your individual choices and making various conscious decisions, aligning them with your own particular principles, objectives, and goals. Therefore, it encourages you to remain alert to your choices, options, and actions carried out consciously, rather than passively accepting life's situations. This practice and philosophy of life highlights your resolve, conviction, self-knowledge, purpose, and dedication to your personal, emotional, and spiritual development. Be mindful of your actions. Prioritize what is truly important to you and create a life that reflects your true self.

Deliberately experiencing life is, essentially, self-reflecting and asking yourself: Is this what I really want? Am I acting and living according to my self-awareness? Where is this choice taking me? These questions are a reminder that you are not in this world to live aimlessly or superficially. You have control of your life at all times, choosing from your heart and soul. This means that you live based on what truly fulfills

you: your authenticity, freedom, self-love, and dignity at all times.

How can you achieve a life with more clarity, more purpose, and, most importantly, more deliberate self-love?

A life lived intentionally invites you to the adventure, to the unknown, and to dare to experience everything receptively from a place of self-love, self-knowledge, and self-respect, among other things. The intention already exists within you. It can be found under layers of denial, neglect, or ignorance. It is in your essence. You have to try to realize its existence within the depths of your being in order to consider the outcome of living deliberately. You are solely responsible for each of your decisions, including the options available to you, your self-reflections on what you want to achieve, the consequences of your choices and decisions, whether for or against you, and, finally, the potential outcome derived from your self-reflection on the matter specifically.

You can do this in many ways. Primarily, you have to know yourself, love yourself, commit to yourself, and respect yourself deeply. Are you in touch with your essence? That is the key to living explicitly: connected to your essence, your soul, and your spirit. Simplify your life by letting go of numerous commitments, activities, or possessions you may have. Reflect on the path you should follow in accordance with your true identity and inner truth.

Explore and activate your willpower within your priorities: passions, values, principles, and desires, in as much detail as

possible. This becomes a constant process of awareness as you realize all your innate skills and abilities. You are an individual with remarkable inner strength. That is a divine certainty. This strength resides within you, quiet and silent. Use and harness that power to build, as well as maintain, a healthy, satisfying, and fulfilling life, without apology. It is the deepest healing a person can experience: living from the warmth, protection, and empowerment activated by your soul, heart, and spirit.

Choosing to live a deliberate life can transform the importance of understanding and comprehending your role as a human being. You can start by asking yourself what your motivations, passions, interests, goals, and possible outcomes are in terms of the intention behind your actions. Focus on what aligns with your essential self. There, you will thrive in any activity that you are naturally passionate about. That place is your true self, the one that may be hidden or not very visible to you. However, your heart and soul are urging you to pursue what makes you whole and happy. Wholeness already exists within you. You just have to recall it and live from your infinite and eternal inner self.

Do you dare to live deliberately? Do you feel ready? You can achieve this with self-knowledge, willpower, patience, inner strength, clarity, dedication, and a lot of self-love. I can tell you that it is possible and very enriching to live consciously and intentionally every day of your life. Connect with your body, your emotions, thoughts, feelings, and your soul. Practices such as meditation, contemplation, stillness, silence,

or simply walking in nature; contemplating, breathing, listening to the silence and the sounds of the environment, perceiving the aroma that surrounds the vegetation, and caressing every cell of your being. Feel your body, how it moves as you walk along those beautiful trails, paths filled with exquisite and delicate natural beauty all around you. You will soon feel a gentle and sweet peace permeate within you, filling you with joy, love, harmony, and fulfillment. I can assure you such sensations, because I have already experienced and lived them for a long time during my life.

Being in contact with vegetation has great significance on a mental, emotional, physical, and spiritual level. It helps you balance, heal, and restore your mind emotionally and physically. It is a vital activity, essential for being able to continue living in this world. It is a matter of having the necessary willpower to decide to live that way, fully, consciously attentive to your divine, natural, and spiritual being. Remember that we are all part of nature, and together we form a whole.

How do you experience your whole being when you are in contact with Mother Nature? What do you feel when you start walking in a natural forest? Personally, from my experience, when I enter a natural forest, I feel enveloped by peace and deep love instantly. That is the best natural medicine available whenever I want it and decide to have it. That is when you realize the divinity that exists in nature itself. Love is felt immediately once you start walking in the forest. I invite you to experience a walk in nature. You will see how grateful you

will feel for having done so. You will be filled with natural and divine energy during your contact with the plant world; then you will feel complete relaxation and mental and emotional calm as a result of that magnificent experience.

Create a space within your daily routine to nourish your spirit and soul for most of your daily time. Meditation, observation, contemplation, physical, emotional, and mental stillness will nourish you internally, providing you with a powerful alternative for complete well-being, connecting you to and experiencing your presence in all its fullness. Rest, relax, and tune in to your body and spirit; breathe deeply, relieving all your emotions, thoughts, and feelings stored in the depths of your soul. Clear and purify your mind by simply staying still, enjoying, and accepting your being in its pure essence. This is an act and exercise of self-respect and self-love, simple, quick, and effective to reconnect you with your whole being immediately. You will feel more balanced and serene during and after practicing them, in harmony with the Universe. Practice silence accompanied by introspection and reflection.

What does it mean for you to live deliberately? Have you experienced that feeling and emotion of liberation, expansion, and joy that comes with intentional action, conduct, and behavior? I invite you to experience them now. You will see and feel empowered, thanks to the experiences you have had in your daily life. These will be further enhanced by practicing them methodically, which will give you the opportunity for intimate, individual, and personal learning. You will also realize the significant benefits this brings to your

personal growth and spiritual evolution. In fact, by understanding the meaning of your experiences, you transform yourself and become a wise and very confident person. Every experience you have in different situations and interpersonal relationships teaches you a lesson with a certain hidden or obvious meaning for your self-discovery.

The personal challenge is to understand and comprehend the reason for the meaning of those experiences. What does that particular experience want to communicate to you? What is the teaching and lesson behind that experience? Search within yourself to bring to light what that experience truly indicates to you in terms of your learning in all aspects of your being. There is a strong possibility that there is something you need to learn from your experiences. Each one encourages you to discover yourself and put the lesson learned into practice. The various situations you experience in the present moment are called lived experiences, as are all the personal and individual encounters with different people throughout your life.

Experiences are the lessons you receive from your lived experiences, which conclude with the learning itself. It is crucial and enriching to understand and become aware of why you had to experience that lived experience at that specific moment in your life. Everything has a reason and a purpose. This is something where you can and must look deep within yourself so that you can intimately discover the meaning behind your experiences. Therefore, you will be able to fully recognize and accept your growth, evolution, and individual transformation as a human being. You will be able to find the

lessons of your experiences through introspection and self-reflection.

You live deliberately by realizing the importance of your divine, individual, unique, and valuable soul. At the moment of your spiritual awakening, you will understand that the only way to live is to be yourself, without masks, aligning yourself naturally with your soul and spirit. Your authenticity is within you. This is effortless; it is something that flows harmoniously. It is sufficient to have your intimate knowledge, following the rhythm of your essence. Before anything else, it is necessary to understand that self-knowledge is the basis of an authentic and deliberate life. Without a deep and genuine knowledge of yourself, it is difficult to live intentionally and with purpose.

Intentional living is based on a philosophy of life where the most important thing is to live relaxed, trusting yourself, your self-knowledge, and your reasoning abilities when deciding how you choose to live your life on your own terms, always. You are heading straight toward your intentionally chosen path, observing, understanding, and perceiving the reasons behind that deliberate decision. You clearly understand where your actions, thoughts, feelings, and emotions are leading you. You are certain of the purpose behind your choices and decisions because you possess emotional calm, consistency, and congruence in your actions, which are aligned with your authenticity and intrinsic motivations. Thanks to your detailed planning of your objectives and goals, you are qualified to carry out all the steps and processes that await you ahead.

One of the ways to live deliberately is as I explain below. I offer you the possibility of connecting with your essence, your soul, whenever you deem it necessary. In a cozy and quiet place, sit serenely on the floor or in a chair, feeling your relaxed and confident breathing. Inhale and exhale deeply, enjoying the serene feeling that permeates within you. You are always love and joy, remember that. You are your own conduit to your fullest and most desired life, in its entirety. There are so many ways to achieve this! You would be surprised at how easy it is to do it consciously. Learn to connect from your very essence, soulfully.

There are many ways to get in touch with it. Use the present moment to your advantage; you will find it an extremely useful tool when connecting. Activities such as eating slowly, enjoying every bite that enters your mouth; delighting in its flavor, aroma, temperature, and texture on your palate, melting in your mouth. Walking and breathing consciously in nature, observing your surroundings. Stopping to touch the leaves of a tree, smell the flowers, and much more, are options for establishing a full connection with yourself. This is a brief description of what it means to have a deliberate and completely valid experience for your mental, emotional, physical, and spiritual well-being. Whether it is eating breakfast, having lunch, walking, or washing the dishes, these are some of the many activities that can help you reconnect with yourself and your essence.

All these and other actions can be performed with total awareness and full enjoyment, undoubtedly with free will.

Decide to savor every bite that enters your mouth, tasting it endlessly. A habit will form in you that is difficult to break. Practice mindfulness. Notice the present moment, embrace it without prejudice. Observe your thoughts, emotions, and feelings objectively. Understand your inner world, along with everything that decision implies, without letting yourself be carried away by it. Live in the here and now. Devote yourself fully and attentively to what you are doing, whether it is work, leisure, or social interactions.

What feelings do you experience in your inner world? Do you understand what is happening in that inner place? Do you give yourself permission to truly enjoy your own company, in every sense?

Indeed, it is always worthwhile to be self-aware. You become aware of your immense and silent inner strength. This inner strength is always with you, waiting for your attention so you can put it into practice every day. It is a way of connecting with your own feelings, emotions, bodily sensations, desires, fears, and much more. Discover yourself in this way to experience what it truly means to live deliberately, without anxiety, with courage, resilience, humor, joy, love, harmony, and peace. The key is to understand that intentional living is lived with self-knowledge, mindfulness, willpower, simplicity, authenticity, connection with nature, and a willingness to learn from every experience, growing and evolving as a human being.

Remember to cultivate your inner peace and set healthy boundaries with yourself and others, always. Make every moment and second of your life a unique and unforgettable experience, knowing that it will never happen again. It is an important reminder to always live in the present moment, as nothing repeats itself. Appreciate every moment and second of your life, embracing all the experiences available to you, providing you with valuable lessons for self-discovery, growth, and personal evolution, as well as spiritual. Be confident and determined in your thoughts, desires, and actions at all times. It is a great form of self-help and mental and emotional self-support to recognize your authenticity and value as a human being, regardless of what is happening around you. Listen to your heart and soul at all times. Reflect in silence with your soul and spirit, which are always with you; in fact, they are part of you, intrinsically aligned with your essential being. You will discover that everything is in order in that sacred place of yours, and your individual being will continue to be completely at peace as it always has been.

Below is an analysis of intentional living.

Deep self-knowledge:

This is the first step to living deliberately. You need to know yourself deeply, understand who you truly are, where you are going, and what motivates and inspires you in life. These are some of the many questions you can ask yourself seriously.

- Identify your core personal values: What principles guide your life? Honesty, authenticity, security, respect,

compassion, self-compassion, self-love, and empathy are some examples of the many core values you may identify with. Explore, discover, and reflect, immersing yourself in your valuable and unique inner life to find what truly resonates with your soul, heart, and spirit.

- Understand and analyze your strengths and weaknesses: Recognize and accept all your innate qualities and your self-imposed limitations. Integrate them into your essential being, without paying attention to the difference between them. An individual's strengths and weaknesses are personal characteristics that can favor or disadvantage the person, without them being fully aware of it. They are not deficiencies in your individuality, but innate attributes. Remember that all people have weaknesses and vulnerabilities that can be strengthened and overcome with willpower, patience, dedication, determination, and a lot of self-love, as well as self-compassion. However, it is necessary to identify whether your vulnerabilities are real or a creation of your conditioned mind.

- Know your passions and interests: What are you passionate about? What makes you feel alive? What makes you quiver? The key is to be able to incorporate your passions into your daily life, to feel complete and lasting satisfactions. Integrate them into your daily life and you will begin to see the world differently; more pleasant, entertaining, and even fun. Life is meant to be lived to the fullest, experiencing and enjoying the activities you are passionate about, which may appear in all

aspects of your life. Recognize and identify your interests and find ways to pursue them freely.

- Define your goals and objectives: What are your short, medium, and long term goals? Clarify your desires and dreams realistically. Can you achieve them within the decided time frame? You can create a detailed action plan, indicating the duration of each activity and its respective description. Consider the feasibility of carrying it out within the time frame you have set for yourself. Be genuinely generous when honestly considering your goals and dreams to be achieved. Learn to introspectively investigate what your soul and heart are telling you.

The expansion of your mind and your unlimited imagination make it possible to fulfill all your desires and life plans. Focus on developing mental flexibility. This will be very helpful during the process of defining your ideas and goals. It will help you achieve and accomplish things you never imagined you were capable of. Your goals can be personal, professional, spiritual, or any other vital interest you have at your disposal. Prioritize them according to your degree of passion and interest, commit to yourself and to that goal first and foremost.

- Education: Do you have plans to study something new? Would you be interested in acquiring new knowledge in a discipline you are already practicing? Go ahead and do it. Education is something very individual and personal for each person. Research and look within yourself to see if you want

to improve, progress, or grow in something related to your profession or change your focus to something new that fulfills you more spiritually. Devote yourself to observing your thoughts and, above all, listening to your inner voice, your intuition, to clearly discern what you need to change or discard in your life.

- Health: Are you taking care of your physical, emotional, mental, and spiritual health? Do you have healthy eating habits? One of the things that will help you live a balanced life is paying attention to eating healthy foods to enjoy a healthy spirit at the same time. Nourish your mind and spirit with positive thoughts and feelings, as well as positive emotions, thereby raising your vibration even higher. Practice self-love, self-compassion, and self-respect daily. Be aware of the way you move; feel your body as you walk. Do you enjoy your body when you walk?

- Professional goals: Are you happy in your current job? I suggest you do some soul-searching on this topic to truly realize whether or not you need to change jobs, stay where you are, or start your own business. Consider pursuing professional training in your preferred specialty, if that is something of interest to you.

Recognizing your purpose in life is a personal journey that is unique to each individual. It requires patience, self-reflection, self-knowledge, and constant exploration. Just focus on the values that resonate with your heart and soul, essentially.

Clarity in goals and perspectives:

Once you have thoroughly examined yourself, you can begin preparing to define your direction.

- Set clear and meaningful goals: Clarify your intentions regarding your objectives. Are they goals that can be achieved in the short, medium, or long term? Are you qualified to achieve them? These are some of the many questions you can start asking yourself. They will serve as a guide in your respective life mission.

- Create a personal global vision: Would you like to practice visualizing and manifesting your desired life? Do it now. Imaginarily build a panorama of your dream life, with great detail. Hold it in your mind. Visit it mentally every day, observe it, and see if you need to make any changes or add anything else. Then, keep this vision in your mind in detail, feeling it already materialized in your life. It is about feeling that you have already received it in the present moment.

- Prioritize your goals: What are your priorities? Are they well defined? Are they achievable within the agreed timeframe? Think deeply about this. Define what truly interests and excites you in your personal, professional, emotional, and spiritual life. Priorities can be categorized as important and urgent, or important but not urgent. Important and urgent priorities require immediate action. On the other hand, important but not urgent priorities are long-term goals, which can be programmed.

Mindfulness:

Human beings who live deliberately need to be consciously present, without having to apologize for it. Be present and attentive to your daily choices and decisions. Always live in the present moment; that is the only thing that exists. You shape and create your future by living solely in the present.

- Mindfulness: Have you ever practiced mindfulness? Include it in your daily routine. It is the basis for developing pure and authentic self-awareness. It helps you connect and clearly observe your thoughts, feelings, emotions, and actions with curiosity, without judgment. Whether it is through meditation, conscious breathing, introspective contemplation of a landscape, listening to the silence and natural sounds of nature, remembering a situation where you experienced inner peace, reading, and so much more. Mindfulness gives you a feeling of total connection. You connect with yourself and your surroundings immediately, in the present.

Don't waste time thinking about the past or worrying about the future. Those times no longer exist in the present. Your valuable energy is wasted when you focus your mind and emotions on the past and the future. It is essential to emphasize the harm that holding on to thoughts and feelings about past events and situations that may occur in the future can cause to your body, mind, and state of mind.

Clear your mind of all thoughts right now. Live each day connected to the present, here and now. That means living with mindfulness.

- Conscious decisions: Decide attentively and fully. First you choose, then you decide from your heart and soul. There are many decisions to make, from what you eat to how you spend your free time; who you associate with is one of the many questions to answer. Does this choice bring you closer to or further away from the life you want to build? Are you choosing consciously? You will feel free and at peace when you have chosen and decided from your soul and spirit. When deciding, take into consideration your values, principles, and interests toward your chosen goals.

- Minimize distractions: The noise and constant flow of information and technology can divert your attention from what you really care about and value. Take charge of everything you don't want to receive from the outside world, especially the countless amount of technological noise in the broad spectrum of possibilities. Focus only on your defined goals and keep going until you achieve them. Any kind of distraction will divert you from your true path toward your goals. Disconnect from electronic devices when you feel it is necessary; that way, you can focus on what is truly important.

Deliberate action and responsibility:

Now is the time to act. Don't stop at self-knowledge alone. Thoroughly investigate your plan of action.

- Take personal responsibility: Have the will and strength to accept the consequences of your own choices, decisions, and behaviors. Honesty is a fundamental pillar of personal responsibility. It involves being honest and authentic with

yourself and others. Integrity refers to the consistency reflected in your thoughts, feelings, and relevant actions.

Your essential being is always a co-creator. Recognize your power of co-creation; you are the designer and co-creator of your life. Your mind is a powerful tool of unlimited creation. Use it wisely and creatively toward your powerful imagination.

Your thoughts are the spark that ignites the energy toward all the effects and consequences pertaining to your decisions. You have the power in your choices, deriving from there toward your decisions and behaviors, eternally. Be aware of that powerful energy that resides within you, recognizing that you are in control of your life in every way and always. Do not allow yourself to be influenced or diverted by external forces that are not your own, but rather the projections of others. This can produce a feeling of dishonesty with yourself, as you fail to realize your own values and principles. Therefore, you are responsible for being honest with yourself and others every time you choose and decide something.

Do not be afraid to think that you may make a mistake when choosing a situation, activity, or interpersonal relationship. Live originally and boldly intentionally with all the repercussions that derive from your state of consciousness. If you have to choose again, do so from a new perspective, once more. There is nothing to regret.

There is a practice of trial and error during life in this world. This refers to people's capacity and ability to experience

different types of experiences, taking a leap of faith in each one. It is not about living perfectly or based on something previously planned. It is the freedom to choose: free will, what you want to live and experience personally. It is what helps you live more freely, relaxed, without feeling guilty about anything at all. You will realize that you can do and be whatever you want, whenever you want. Everything is possible. You are responsible for all your choices and decisions and their respective consequences.

- Establish plans and strategies: Intention translates into action through planning and willpower. Break down your ambitious goals into more manageable and achievable stages. Research and discover your personal motivation in order to activate your plan in detail. You can set deadlines for each activity to be carried out. Review your plan periodically to see if you need to make any modifications or revisions. Be flexible.

- Persistence: Consistent, meticulous actions over time are what build a lasting, intentional life. It is not about taking significant steps, but rather performing a series of conscious, precise, consistent, and deliberate activities. Be persevering and persistent in all your short, medium, and long-term activities. Take the time to review your goals based on your priorities.

- Adaptability: Even if you have a plan, life is dynamic and ever-changing. Adaptability and flexibility are crucial when it comes to changing the design or execution of your plans.

Intentionality means being flexible enough to adjust your plans when necessary without losing sight of your purpose. Adapting to challenges during the course of your action plan is essential and crucial to the successful execution of all your goals and purposes.

Constant reflection and review

Intentional living is not a destination, but a continuous journey and path. It is knowing and understanding that you are being guided toward your true personal story. Trust the process of self-discovery. Let yourself flow eternally. You are constantly being guided by a divine force greater than yourself.

- Persistent review: Take the time to reflect on your progress. Are you living according to your values? Are your actions leading you toward your goals? Develop the habit of reviewing and aligning your goals with your current reality, focusing essentially on your personal or professional principles and values.

- Learning from experiences: Every experience offers you lessons and teachings. Are you putting them into practice? All the experiences you have had provide you with valuable insight into your personal and spiritual evolution and growth; take advantage of them to continue your evolution.

Welcome your mental, emotional, and spiritual expansion. Accept every event you experience as a valuable opportunity to continue discovering yourself eternally. All experiences leave you with a lesson and learning, whether hidden or

visible in plain sight. It involves going inward, to live introspection. Be brave and determined enough to examine the experiences that have left you feeling a little uncomfortable. Those are the ones that will bring you the most personal and spiritual growth.

Remember them and relive them so that you can soak up the wisdom that lies behind those unpleasant experiences. Generally, the most enriching and valuable experiences are the ones that are not very pleasant, as they are the ones that will lead you to a profound transformation and personal evolution in all aspects of your being. Learn to value and appreciate your life path, embracing and being receptive to what you have to experience by destiny.

Openly accept the experiences that come into your life. It is something you will admire yourself for having had the opportunity to experience all those lived experiences in the present. Identify the meaning and reason for the lessons in those particular events, situations, or social interactions with different people. Everything makes sense. Everything happens for one or more reasons. They may be related to your need to break a pattern of behavior that no longer brings anything beneficial to your life.

There are various explanations for the personal and individual effect that certain experiences have had on you. The possibility of a lack or shortage of self-love, self-respect, and setting healthy boundaries with yourself and others could be the explanation for some of the many reasons for feeling

specific experiences that have not been pleasant. It may mean the intention and need to work more on your self-love and especially on establishing healthy boundaries with yourself and other people.

Emotional and spiritual expansion are closely linked. A greater state of inner freedom is achieved by integrating and expanding them at the same time.

- Accept change: Your values and goals may evolve over time. Intentional living allows you to adapt your path as you grow and change in all areas of your life. Change is imminent for every individual; it inspires you to be flexible with yourself and others. However, the most important thing is to be flexible and receptive enough to face any changes that come your way with fortitude, determination, and conviction, especially those that will radically transform your life.

Let the upcoming changes in your life flow naturally; do not resist them. What you resist persists. Receptivity and acceptance are the most recommended options when transformations are approaching. Be receptive during these times of uncertainty. They will give you the peace and confidence you need to continue your life journey forever.

In short, intentional living is a continuous cycle of presence, self-knowledge, will, reflection, and action, all carried out with conscious and attentive purpose. It is not about perfection, but about conscious direction and commitment to building a life that gives you fulfillment and resonates with you as a whole person.

CHAPTER 2: The Power of Choice with Self-Love

To live deliberately with self-love is to commit to yourself, to the options and alternatives available to you at the moment you decide to choose and make conscious and mindful decisions, supported by your personal and individual values and principles. It is a true commitment to yourself to cultivate a life aligned with your soul, heart, and spirit. It is waking up every day with intention, motivation, and conviction, acting from your self-love and opening yourself to personal and spiritual growth and evolution with presence and purpose. In addition, certainty, emotional stillness, and the congruence of your thoughts, words, and actions must always be aligned.

Every choice is a reflection of your consciousness and essence, of who you truly are. You are your priority when making crucial decisions that involve your emotional and spiritual development and growth. Choosing from a place of self-love empowers you infinitely, as you are doing so through self-knowledge, self-esteem, and self-respect. These are the foundations of a wise choice.

You have the opportunity to be yourself, authentic, growing and living consciously from your soul and heart. You focus on the self-love that already exists within you, so that you can have the strength and wisdom to choose and select different options from your very essence. It is a beautiful and extraordinary introspective journey toward self-knowledge

and self-discovery. A journey where each step brings you closer to your true essence. Live with purpose now. Be brave. Make every moment a step toward your authenticity, without apologizing or asking for permission.

Choosing from your self-love strengthens you in all aspects of your existence. Especially when deciding how you want to live your life, what you long to experience, and so much more; whatever you feel deeply in your soul and spirit is eternally right. You become a truly valuable person internally. You recognize your self-worth, resilience, and innate empowerment, since that is your natural condition as a human being.

Self-love gives you the freedom to choose according to your personal priorities, specifically your mental, emotional, physical, and spiritual well-being. You know and understand what you deserve in this world. You magnetize yourself with your own divine energy. Your steps toward your life purpose are clarified by the fact that you feel accompanied at all times by that higher divine force that exists within you eternally. You understand that the only thing that matters is knowing how to choose and decide, always putting your self-love first. In this way, you are protecting yourself from potential inconveniences that may arise unexpectedly.

Every time you decide to choose and live a situation or interpersonal relationship, you are doing it deliberately. Where do you make your decisions from? Do you decide from your soul, spirit, and heart?

Be honest when answering these questions. Clarify what truly drives you to decide on an option and choice. Is it something that benefits you financially or spiritually? There is a big difference between something that will bring you financial or spiritual benefits. You may find that you can receive both at the same time. However, search deep within yourself so that you can feel and know with certainty what your soul is communicating to you. You are a divine being by nature; always remember that.

There are no mistakes in conduct or behavior, especially in moments of choice and decision. All your choices and decisions are always valid. This is directly related to the practice of trial and error by nature. Have confidence in the help that the Universe provides you at every moment of your life. You are being divinely guided and accompanied at all times. Do not feel alone.

So, what are you waiting for? Trust with complete confidence in your essence, understanding that from that place you are choosing wisely. You have the ability to feel that your inner self is calm and at peace in the moments of your relevant choices and decisions. That is the real and pure sign that you are choosing and deciding wisely and correctly, from your very essence. Your self-love guides you toward the choices that are best aligned with your soul, spirit, and heart, always.

An individual's deeply rooted level of consciousness and self-awareness are definitely the most powerful and useful tools, especially at the precise moment of choosing and deciding

your potential options. These become deeply clear when you get in touch with your inner essence. What does inner essence mean? It is that invulnerable and untouched space within you; your essence, your soul and spirit, your unique and irreplaceable existential center. It is precisely in this center where you find the radical freedom to make decisions that are deeply aligned with yourself. You could call it the heart of free will. When you connect with your inner essence, you are doing it from a sacred place that exists within you, untouchable from the outside, it is divine and pure. Therein lies your authentic self, your very essence as a human being.

Remember: you are pure soul and spirit. Decide and live from that place, and you will see how peaceful and full of love you will feel every day. You need to have a well-developed and attentive self-awareness, as long as you are willing to discover and know yourself. The key is to focus on your comprehensive self-knowledge. Experiment with different ways of relating to yourself and others. You will face challenges with curious receptivity, knowing that they will bring you the necessary wisdom to continue evolving in your self-discovery.

So, decide attentively and consciously, from your free will, with self-love, integrity, and self-sufficiency. Take your personal values into account and set short, medium, or long-term goals and purposes. I want to emphasize the words attentively and consciously: all choices and decisions made from your self-awareness and essence are always true and correct.

Get involved in the process of taking charge and responsibility for your actions and their consequences. Whenever you are choosing anything and making a certain decision, pay close attention to the way you feel at that very moment. If you feel spiritually calm, it means you made the right decision; you did it from your soul and heart. On the other hand, if you feel your body involuntarily tense up, along with sudden and unexplained pains, it may be an indication that the decision you made was not the most appropriate or correct one. These subtle and very meaningful signals are your own body´s wisely manifestation and communication what is best and appropriate for you. Not listening to or obeying your body's signals will bring unpleasant consequences. However, you have the option to choose again. You can correct your choice before deciding on it.

How can you make decisions that are aligned with your values, purposes, or goals? The only way is through self-awareness, self-knowledge, and believing and trusting in yourself. Recognize that these decisions are for your greater good. This means that you are already qualified with robust and solid self-knowledge, being able to consciously choose and decide from your essence, soul, and spirit. Fully focus on the process of achieving your goals. Practice self-discipline, self-respect, presence, and self-love, always.

Below, I explain in more detail the benefits of the power of choice with self-love.

The power of choice with dignity refers to the ability to make decisions intentionally with self-love and self-respect, within the possible options available to you, taking full responsibility for their potential consequences. It involves having the freedom to choose between different alternatives, paying attention to what will drive you toward your personal and spiritual development, growth, and evolution, primarily. This triggers an impact on the direction your individual life will take, as well as your immediate environment. You will be able to see your goals and purposes with clarity and certainty once you learn to choose from your self-love. Your decisions are based on your comprehensive self-knowledge, self-love, self-worth, self-respect, and personal dignity, to name a few. Therefore, be extremely aware and attentive to the magnitude of your power of freedom when deciding on one or more options, whether in specific situations or when choosing your interpersonal relationships in general as well.

Do you realize the importance of being fully aware of your ability to integrate your inner power into your decision-making? The willingness to choose from your self-love is a fundamental and autonomous tool that allows you to solidly develop your personal identity. You become the complete, whole being that you already are. Remember to live from your essence, with eternal dignity. That is the only way to live and make decisions in this world, being honest with yourself, authentic, and loving yourself completely.

Benefits of the power of choice with self-love:

1. Personal development

Personal development, autonomy, and self-love are closely related. As you grow as a person, you develop and become more aware of yourself and your innate abilities. This helps you make better-informed decisions and become independent from possible collective inclinations. In turn, autonomy facilitates your self-development and self-evolution, giving you the opportunity to experiment, learn from your experiences, and form your authentic and solid identity based on your self-love. This is a continuous process of learning, growth, and personal, mental, emotional, and spiritual evolution. You forge your own well-being with the help of self-love, which transports you toward a complete transformation over time. You learn to become a self-sufficient, autonomous, resilient, and empowered person through the life experiences you have had during certain periods that are essential to your inner evolution.

Life is to be experienced to the fullest from your essence, soul, and spirit. Do it, feeling every fiber of your body and essential being, always. Only from that space, your essence, you are able to live authentically and deeply at the soul level. It is a commitment to yourself to achieve the thorough personal development that you deserve to feel vitally. All the situations you have experienced involve the accumulation of quite varied experiences that, in some way, are related to each other for your greater good and continuous growth, personal

and spiritual evolution. You realize the vast opportunities you have had during your life in relation to your personal development.

Are you aware of all the events that life has brought you? Do you understand their meaning regarding the vital connection with your personal development and evolution?

You have the choice to decide what to integrate into your individual and personal development. Develop self-knowledge and self-appreciation of your own individuality. Genuinely respect and accept your thoughts, feelings, emotions, and experiences without judging yourself. You are intrinsically unique in every way. Learn to decide which characteristics of your uniqueness you are willing to share with others, and to what extent. It is equally crucial to understand what you are not willing to share with others. Keep your priorities above all else.

Remember to be selective when choosing and allowing certain situations or people into your individual world. The most important thing is to always be true to yourself. This leads to profound empowerment, growth, understanding, and personal development in every way. You consolidate yourself as a human being on a mental, emotional, and physical level, holistically.

2. Self-awareness

Learning to know and understand your strengths, weaknesses, values, and personal beliefs is crucial for self-aware decision-

making. Basically, it is self-knowledge that empowers you. Fully recognize, understand, and accept your emotions, feelings, thoughts, behaviors, and actions. As a result, this will bring you inner peace, producing a positive effect not only on your interpersonal relationships but also on a global level. In addition, self-awareness is related to your self-love, healthy relationships, and self-respect. Be responsible and mindful in your daily behavior, so that you become aware of your self-love and self-esteem. Self-awareness is related to self-reflection and introspection. Form the habit of reflecting on different situations, events, and behaviors that are of interest to you. Look deep within yourself until you clearly realize who you really are.

3. Goal setting

Define your personal goals, both short-term and medium to long-term, based on self-love. Sow and cultivate all your dreams fully, transforming them into the reality you deserve to live and enjoy. Align yourself with your essence to be able to develop and establish a specific plan toward achieving your goals in every way. Prioritize according to what your conscience and self-love dictate you.

What criteria do you use when setting your goals and objectives? Do you value self-esteem when preparing your action plan?

4. Personal skill development

You can improve or acquire new and fruitful personal, interpersonal, emotional, or cognitive skills. If you decide to do so, put them into practice to consciously face the challenges that will arise in your life and thus be able to achieve your relevant goals and objectives. The practice of self-reflection, focused on self-discovery and self-respect, is very beneficial for your individual and personal development.

Do you think your personal skills could acquire a greater level of importance? Would you be interested in developing any in particular to benefit yourself mentally, emotionally, and spiritually? Are there any skills you would like to discover about yourself?

5. Responsibility

Take responsibility for and accept the consequences of your own choices, decisions, and behaviors. Facing the various outcomes of your choices requires self-love, integrity, courage, self-awareness, and emotional maturity, among other things. Face the effects and results with complete responsibility and integrity. Do not ignore or avoid them. It is useless to deny, avoid, or ignore the consequences of your own choices, decisions, and actions, as if they did not exist. You must take responsibility for your own decisions definitively, and especially with considerable self-respect. You are solely responsible for your behavior toward yourself and others. It is not feasible to blame others.

Do you take responsibility every time you have to decide on a particular option, decision, or action? Are you aware of the importance of your responsibility in decision-making?

Then choose and decide with self-love, self-respect, and self-awareness. That way, you will not feel guilty or be able to blame others. In reality, guilt does not exist. It is a belief imposed by society and other entities external to individuals in essence. When you make your decisions based on certain choices, you will do them knowing that self-love is at stake above all else. Remember: your point of reference is to always consider your mental, emotional, and spiritual well-being. This is achieved with your self-love and dignity in your very essence.

6. Decision-making ability

The ability to make decisions is the mental and cognitive aptitude to make a specific choice, evaluated based on whether the person can understand the relevant information, appreciate the consequences of the situation, reason through the options, and communicate their decision.

It is mainly focused on life experience. Reflect, identify, and analyze your already decided choices to clarify which decision is best for you in all areas of your life. Take into account your knowledge, experiences, personal values, principles, emotions, and external factors such as social, family, and cultural pressure. Do not be influenced by people or cultural patterns outside of yourself. Only you know and understand what is best for your individual self. That way, you can decide

what is best for you, based on your past experiences, behaviors, and lessons learned, along with their respective outcomes: positive or negative. Learn to decide and choose consciously from your soul and heart. You have the intelligence to understand what truly aligns with your being. Incorporate deep reasoning and self-love when making decisions.

How is your decision-making ability? Do you feel that you are using all your intellectual and emotional abilities?

7. Independence and autonomy

This is the ability to make your own decisions, act independently, with self-determination, and live authentically according to your own values and motivations, free from the various external controlling forces that exist around you. Independence and autonomy are fundamental human needs for mental health, self-control, and self-esteem.

Make choices independently of external influences, without forgetting your autonomy based on your personal values and goals. In this way, you become a resilient, self-assured, confident, conscious person with a lot of personal power. Choose your priorities according to your current situation, aligning them with your personal or other goals. Remember this: the past does not define you. You are the captain of your own life, always. Value and appreciate what you have achieved so far. You still have much more to live and experience independently and autonomously. Be a person of conviction and self-determination now. Embrace your

independence and autonomy fully. Others cannot control you. Only self-control exists.

Do you consider yourself a person with self-control? Do your emotions control you, or do you control them and wisely direct them toward a healthy outlet?

8. Control over your own life

Take control of your own direction and destiny by making conscious decisions that are aligned with your personal and spiritual values and principles. Live and experience your personal story mindfully. Make intentional decisions in the present moment to be able to shape the life you truly want to live. Every decision you make strengthens your self-image, self-confidence, and self-love, particularly those that are complicated and difficult to carry out. You are in control of your life in the present moment only. You live only in the now; remember this forever.

Although you cannot predict the future, your choices, decisions, and actions in the here and now will determine the direction of your future. Develop the conviction of your importance as an individual in every way. Stay away from the negativity of people and situations that do not contribute anything positive to your emotional well-being or personal growth. You have the ability and capacity to take control of your personal, mental, emotional, and spiritual life at all times. Nothing and no one can hold you back or steer you in a direction that is contrary to your individual values. This is

especially true if the people involved are not aligned with your individual essence.

Do you feel that you are in control of your life? Do you allow or accept others to direct you toward different and specific situations or interpersonal relationships decided by them? Do you exercise self-control? How do you decide to take control of your life?

9. Self-esteem, self-love and self-confidence

Self-love and self-esteem are the cornerstones of choices and decision-making. High self-esteem allows you to trust your judgment, take risks, and prioritize your personal well-being above all else. However, low self-esteem can lead to indecision, seeking external approval, and difficulty setting boundaries. Self-esteem is directly related to self-love and self-confidence. Recognize the different types of achievements you have had and continue to have throughout your life. Identify them clearly so that you can integrate them into your self-esteem. This practice of identifying your results will help you further develop your self-worth, self-love, and dignity by understanding your uniqueness in all the activities and interpersonal relationships that arise in your daily life.

Choices and decisions are strengthened when made consciously from your soul, heart, and spirit. Remember also to set healthy boundaries in all your interpersonal relationships and different situations. By behaving in this way, setting boundaries, you are prioritizing your mental, emotional, physical, and spiritual well-being, adapting and

facing the possible challenges that arise in your life path. In this way, you develop the self-confidence and resilience that are so necessary in everyday life. Dare to step outside your comfort zone. By experiencing different types of situations, you will discover your true and quiet inner strength, which will always accompany you. Discover yourself by decisively challenging every situation and interpersonal relationship.

Face your fears. Communicate lovingly and positively with yourself. Nurture your thoughts and feelings positively. This is another way to gradually develop self-confidence. You will begin to feel a sense of calm confidence as you get in touch with the present moment, along with your positive self-talk. This is where you focus all your intentions and achieve the self-control necessary to follow your life path.

Do you have self-esteem, self-confidence, and self-love? Reflect authentically on this issue. You will be able to discover yourself honestly from your essence alone.

10. Learning and growth

Every choice and decision helps you actively participate in developing your critical thinking and problem-solving skills. Take advantage of all the opportunities life offers you to grow and progress mentally, emotionally, and spiritually. Develop the talent of evaluating options, considering their consequences, and learn from past experiences to make more effective and informed decisions in the future.

Learning and personal growth are an ongoing journey of self-improvement and self-discovery. It involves acquiring new knowledge and skills, increasing self-awareness, adopting a positive mindset, and developing constructive habits and behaviors. This is necessary to reach your full potential and lead a more fulfilling life. This process is driven by a desire for self-discovery and involves taking steps to improve yourself, even if it means stepping outside your comfort zone and daring to go beyond your usual limits. The key aspects are setting personal goals, accepting challenges as learning opportunities, prioritizing mental, emotional, and physical health, and establishing strong interpersonal relationships.

Each individual has their own learning and personal growth styles. However, the essential and basic thing is to be as clear as possible in your awareness and attention to the lessons of each of your experiences. This involves integrating the positive and negative aspects of what happened in specific situations, as well as in interpersonal relationships that may have been somewhat harmful. Once integrated and through introspection, you will be able to find the answers to experiential learning decisively.

There is something very interesting and useful to understand and comprehend about negative experiences: they are always the most enriching for your personal and spiritual growth, transformation, and evolution. However, it is not about acquiring only these types of negative experiences. Ideally, there must be a balance between the positive and negative. Although this cannot always be controlled as much as a

person would like. In most cases, you learn and grow even more when suffering and pain are present in some of those experiences. That is the plain truth, even if it is painful. The possible negative experiences had to have been experienced for some very profound reason for that particular person. Within all individuals lies the true answer to why they had to have lived through those specifically unpleasant life experiences.

You can take your time to try to discover within yourself what you had to learn from certain experiences in particular. It is very possible to achieve this if you have enough willpower, resilience, and self-love. This means committing to a deliberate and profound journey into your inner self, with all that this journey entails. Digging deep into your innermost self is not an easy task. Only truly courageous people will succeed. You are one of them, so you can begin to discover yourself through introspection and self-reflection. Dedicate a reasonable amount of time in your daily routine to meditation, reflecting on specific events that have occurred during your various life experiences. Look inward for possible behaviors and attitudes that are sabotaging your overall well-being and interpersonal relationships. Be aware of your thoughts, feelings, emotions, and words. These must be consistent with your actions. Examine the likelihood that you have behaved inconsistently during your various social interactions or personal connections. This is something you can take into consideration when you decide to begin your introspection in detail. Consistency is the harmony between a person's inner truth: thoughts, feelings and emotion, and their external

expression: words and actions. It refers to being true to yourself, being authentic when expressing yourself and behaving in front of others and especially in front of yourself.

In short, appreciate and be grateful for all the lessons and teachings you have learned through your behavior toward others and yourself. This can help you clarify and discover patterns of habitual behavior in your interpersonal relationships, enabling you to get rid of roles that no longer align with your true self.

CHAPTER 3: Cultivating Presence

Are you present in all aspects of your individual being: mental, emotional, physical, spiritual, and natural environment? Do you allow yourself to connect with yourself and the outside world regularly?

Presence leads you to be fully aware and attentive to the present moment, while developing a commitment to your unique and individual self to truly experience the here and now. Live in the present time continuously. Practice present-centered attention, listening to others, listening to yourself; general observation, observing yourself lovingly and decisively. Train conscious and intentional breathing, meditation, the incorporation of your sensory senses, deliberate movement, and reflection on your immediate intentions. Recognize and accept your emotions confidently; give them meaning so you can understand them better, if necessary. Choose and decide your actions and interpersonal relationships in line with your personal values and principles. Fully acknowledge and accept your self-confidence with determination and presence.

I suggest you do the following exercises and practices to experience your presence on a deeper and more conscious level:

Meditation and mindful breathing

The mind naturally tends to wander. However, there are ways to reduce or even eliminate internal and mental noise, as well as continuous internal thoughts. You can sharpen your concentration through certain exercises and daily practices.

One of them is mindfulness meditation. This is one of the most natural ways to practice internal contemplation of your being, your thoughts, feelings, emotions, as well as your body. It is essential to perform all these exercises and practices without any attachment, as this allows your mental patterns to reveal themselves and be visualized with greater clarity and self-awareness.

Sit comfortably in a quiet, peaceful place for 15 minutes. Focus your attention on your relaxed breathing, inhaling and exhaling deeply. Feel your mind and body gently quieting and relaxing as you breathe consciously and deliberately. Breathe in deeply, filling yourself with refreshing energy. You can hold your breath for a few seconds if you wish; this provides greater mental and emotional relaxation. Then exhale slowly and even longer, feeling the expansion of your belly and diaphragm as you release all the air through your nose. Remember: when you inhale air, hold your breath for a few seconds, then exhale slowly and deliberately. This technique can further calm your nervous system, clearing your mind and

filling you with restored energy. Accustom your mind and entire body to truly experience your essence and surroundings with exercises focused on mindful and relaxed breathing. This prepares you to feel different impressions, sensations, and internal perceptions, which are very enriching for your self-discovery and overall well-being.

Once you get used to doing these exercises and practice them consistently, you will notice greater mental clarity and inner calm. These are just a few of the many tools for your overall well-being: physical, mental, emotional, and spiritual.

Meditation is a beneficial practice for calming your mind, emotions, and body. It is within your reach at all times, as long as you have the willpower to do it. It is about taking the first step toward your peace, joy, and overall harmony. You can do it anywhere. It is not necessary to have a space dedicated exclusively to meditation. It is possible to meditate while washing the dishes; contemplating a view from your window; dancing to the rhythm of your natural body movements; reading and walking, to name a few. The main thing is to have the necessary motivation to meditate, without resorting to external factors to do so. Remember: it all starts within you.

Are you ready to practice meditation and conscious breathing? Can you start gradually or as you see fit?

Conscious movement

Practice activities such as yoga, qigong, tai chi, walking, natural dancing, and body stretching, among others. They help you connect freely with your mind, body, soul, and spirit in the present moment. Experience them pleasantly, without rushing, with full intention and awareness. These and all activities must be practiced slowly, as this greatly facilitates the connection between your mind, body, and spirit. Feel how your body moves to the subtle rhythm of these specific exercise routines. Through them, you will be able to get in touch with yourself, discover yourself, and feel a slow and deep stretching, causing a complete relaxation of your body, mind, and spirit. These exercises are ideal for quieting your restless mind and bringing it back to the here and now.

It is understandable the challenge you may feel when starting this exercise routine. However, sometimes stepping out of your comfort zone is the most necessary and appropriate thing to do to activate your personal and spiritual growth. Your whole being will benefit from your dedication, strength, and perseverance.

Remember: your body is the alarm signal that warns you if something is aligned with your essence or not.

Always listen to and obey it.

Reflection on intention

Reflect on your intention and identify how to analyze the real motives that may lead you to decide on certain options and align them consistently with your actions. It means pausing between intention and action to determine the best way to achieve your goals. Consciously consider and commit to the intention to follow, oriented toward the relevant goal. Dedicate yourself wholeheartedly to creating and building your desires, reflecting on your thoughts, feelings, emotions, and the actions required to manifest the life you long for.

Set a clear and concise intention before starting any activity, conversation, or social interaction. In this way, you will understand the motivations that arise within you when you come into contact with certain people or situations.

What drives or inspires you to take a certain action? Do you expect to receive something in return for your actions? Clarify and intentionally reflect on your purposes in order to understand what you really want and hope to contribute or achieve in particular circumstances. Be aware of how your actions align with your intentions, according to your various needs. Listen to the voice of your soul: your intuition.

Your presence always reflects your intimate and individual self. That is why it is so important and necessary to develop behavior that is consistent with your thoughts, feelings, and actions. Likewise, you must have a solid self-knowledge beforehand. Use introspection to your advantage to deepen and understand your thoughts, feelings, and emotions.

Discover what you have learned from your experiences through spiritual listening. It is an inner journey, discovering your essence.

Gratitude and forgiveness

Gratitude is considered one of the fundamental pillars for living in presence, peace, love, harmony, and joy. There are many ways to practice it. One of them is by writing, if you enjoy doing so. Would you be excited to start writing a gratitude journal? You can do this by writing down in a notebook all the blessings you have and have had, being honest with yourself in the way you express it from your essence. Reflect on what gratitude means to you. In detail, write about moments, events, situations, and people you are grateful to have had the opportunity to experience through your life path.

There are many ways to feel grateful in everyday life. Just waking up in the morning and realizing that you can breathe and feel your body is already a divine gift and a blessing. Be kind to yourself and others.

How do you feel gratitude? How do you define gratitude?

What does forgiveness mean to you? Do you practice it? It is forgiveness of yourself and others. First and foremost, you forgive yourself in order to forgive others. Remember, every action begins with you. You are the change you wish to see outside. As within, so without. Your inner being is a reflection of the world you see and experience. Pay attention

to your daily conduct and behavior. Express yourself verbally, nonverbally, and physically as you truly feel inside. Always be authentic. Forgiveness can exist without forgetting what happened.

By forgiving yourself and others, you will free yourself from the negative emotional burden that comes with not being willing to forgive yourself or others. You will feel a deep inner peace, inner strength, and self-love as you commit to your mental, emotional, physical, and spiritual healing. You will be able to continue living with greater conviction, resilience, and determination, facing any challenge that comes your way with resolve. You are the person who is in control of your life with free will. Be loving toward yourself, and you will immediately be loving toward others. Always live with dignity. Only you know how to forgive yourself and others.

There is also the possibility of not being willing to forgive. You can decide by being true to yourself, reflecting on the advantages and disadvantages. Consider your priorities above all else. Do you want to forgive someone who hurt you emotionally? Can you be sure that person won't do it again? How feasible is it to set personal boundaries to protect your energy and overall well-being: mental, emotional, physical, and spiritual, instead of forgiving?

The key is to return to your essence, reflecting honestly on your strengths and weaknesses. Integrate them into your individual being, convinced of the power that both have. You are a whole self when you integrate your qualities and unusual

traits indiscriminately. Your light and your shadow are united within yourself. You cannot separate them. It is impossible. So, you have to accept them as a whole, thus facilitating your self-knowledge and self-discovery, which are so essential to your personal and spiritual growth, evolution, and transformation. Develop the practice of stripping yourself bare spiritually. It is about completely removing the masks and personal artifices you have created to fit into a social circle and society itself. You will feel free and light inside your self, as you begin to behave authentically. Do not waste your ability to be true to yourself at all times.

Incorporating these practices into your daily life will give you a deeper sense of presence, focus, and awareness, allowing you to enjoy greater calm, wholeness, and overall well-being.

Deliberately living with presence leads you to a more meaningful and fulfilling life in every way. Not only for you, but for the community and the collective in the same way. Embrace the change and challenge that comes with living intentionally, aligned with your values and varied purposes.

Form the habit of living purposefully in presence daily. It helps you balance your life in all areas: mental, emotional, physical and spiritual. Living deliberately is the only chance you have to behave honestly and authentically in this world. It is a lifelong commitment that empowers and liberates you internally, motivating you to continue on your chosen path consciously and attentively. Live in congruence and coherence with your thoughts, emotions, feelings, words and

actions. These will last forever, thus leaving an infinitely perpetual legacy; regardless of the passage of time. So, practice consistent behavior in all situations and social encounters that come your way, always. Your honest, authentic and true behavior will have reliable effects on other people, since they arise from your own consistency in your sincere actions and self-confidence. As transparency of behavior and communication exists within you, consistency and authenticity will foster the inevitable trustworthiness of others toward you. You will be favored by genuine and individual empowerment in every sense. Do not escape from your own essential, divine, loving and real being. You are presence living in the here and now eternally.

Being essentially authentic is and will always be the main foundation and pillar of your soul and spirit. This is where your inner and individual freedom truly lies. Try as much as possible to live and have a healthy and balanced life in all aspects. Develop a lifestyle based on healthy and energetic eating, both for your body and for your soul and spirit. Embrace and love your oneness now and into eternity. Life exists only with presence. Your soul, heart and spirit long to exist in the present; here and now.

Do you cultivate spiritual presence? It is the way to connect with your essential being, your soul, where presence itself is found. It is your divine center available at all times, specifically in the here and now, eternally. Your entire being is in that spiritual space or center. He is silent, calm, loving, brave and much more. You can connect with your spiritual

essence by walking in nature, contemplating the beauty of a landscape and simply quieting your mind, body and emotions, without rush or judgment.

Are you aware and attentive to the miracles, blessings and gifts you receive in your daily life? Do you appreciate them? Reflect yourself with more questions about this and much more. It is very encouraging and rewarding to realize that you live and have always lived blessed in every aspect. We are all accompanied at all times. It is essential and necessary to reconsider how complete we all already are. Embrace and love your whole self. There is nothing you lack internally. You already have everything.

Why do some people forget their completeness? What is the origin of that perception? Is it real or a forgetfulness developed during life in this world? Do you feel your presence continually?

CHAPTER 4: Love and Love Yourself Consciously

Do you love yourself and others consciously? Do you have self-love? How do you practice it? Do you pamper yourself daily?

Love yourself honestly and consciously. That is the key to a healthy mindset, living in this world. It is a powerful phrase that emphasizes intentionality, authenticity, attention and growth in all aspects of self-love, in your relationship with yourself and in your relationships with others. It is an act of self-acceptance, self-respect and responsibility with your integral being. It refers to the priority you give to your individuality at its finest. You recognize your dignity, self-worth, and importance as the irreplaceable individual that you are. You realize your universal love.

The basis of conscious love considers consciousness, freedom, respect, empathy and autonomy integral qualities in a deep connection, where authentic communication predominates, directed toward promoting the personal and spiritual growth of each person and mutual respect. Individuals who feel this kind of love expand on loving, affectionate, and loving demonstrations to each other. They are characterized by having high self-confidence and self-respect. They don't take the relationship for granted; they realize the intrinsic value of

each other and the blessing of being able to share their deepest desires together. They avidly commit to building a life full of comprehensive well-being: mental, emotional, spiritual and physical. They are aware of their own qualities and unusual traits, sharing them openly with the other person, knowing that they will not receive any type of judgment or reproach. The trust and true love they feel for each other can be immediately felt by others.

This type of love generally focuses on the happiness and well-being of others and yourself. They enjoy mutual accompaniment because they are autonomous and individual beings, without having to change or possess the other.

Have you experienced conscious love in your life? Do you value being able to love yourself authentically? Have you experienced love with complete loving attention toward the other person? What did you feel?

These are very interesting and important questions that you can answer honestly from your soul. Each one of you has, has had and will have varied living experiences during your lives. All of them are and will be very enriching and valid for your soul and spirit. They help you strengthen yourself personally and spiritually, and thus continue to evolve eternally. By loving yourself and other people consciously, you develop an intimate connection with yourself and others, going beyond what is humanly understandable. An extension of your individuality occurs that reaches and connects with EVERYTHING. The connection is not only with others, but

with the entire cosmos. It is the commitment you have to yourself at all times, to be faithful to what your soul and heart communicate to you. It requires self-discipline, complete and honest responsibility with your individual values and principles. Love for yourself is something that others cannot give you in the way you require and feel. Only you recognize and understand how you want to love yourself from your essence.

Loving others as yourself is essential to being able to genuinely love other people. Your ability to care for, respect and value others is intrinsically related to your own sense of self-esteem and self-love. Be empathetic at all times. Learn to establish, with determination and conviction, healthy personal and interpersonal boundaries. Protect your self-esteem, energy and peace always. Don't let anyone take away your peace. By placing conditions and restrictions with yourself and others, you protect your internal energetic vibration. Preserve and maintain your mental, emotional, spiritual and physical well-being always. Breathe deeply and consciously to clear your mind and thoughts. You will enjoy a more authentic, loving, peaceful and fulfilling life on your own terms.

It is possible that some people may not be prepared or interested in receiving your genuine love toward them. Don't perceive them negatively. The reason for the denial of the receptivity of love by others is a mystery on a mental and emotional level, to name just a few. It could be interpreted as a lack of self-love, self-confidence, self-knowledge or a total

disinterest in connecting with other people in any type of circumstances. Consequently, these individuals, lacking self-esteem and self-love, may perhaps imagine and think that they are not worthy of experiencing, giving, or receiving love from others.

Below I present a sample of some concepts of self-love:

Self-love as a foundation:

Self-love empowers you in all aspects of your life. It is a powerful tool to develop your resilience, self-acceptance, love for others, autonomy, self-respect, self-worth and much more. It helps you fend for yourself; to be resilient in the face of any obstacle or challenge on your life path; to set healthy and personal limits for your mental, emotional, spiritual and physical peace, among others. You are already valuable and complete for the mere fact of existing in this world. Reflect on this. It is very beneficial to realize and understand the significance of this statement.

Do you realize how essential it is to always have and feel self-love? Are you living connected to your genuine love within you? Can you identify how you feel about loving yourself?

Lack of self-love can hinder the ability to provide love, compassion, and respect to others. A healthy disposition of self-love is an essential condition for being able to genuinely love all living beings. This is intrinsically linked to one's sense of self-esteem, self-compassion and bliss. The ability to experience self-love, in the fundamental sense, exists from

your birth unconsciously. It exists within you at that young age. However, it can be destroyed or diminished due to each person's social, cultural influences and personal experiences. Which entails the conscious need to cultivate self-love later for the rest of the individual's life. It can develop in interaction with your family, especially your parents or caregivers, and in social life, over the course of your life.

It is important to note that there is not always the opportunity and joy of living a life surrounded by displays of affection, words of encouragement, emotional support, conversations that leave an indelible mark on our minds, and so much more. There are dysfunctional families and others not so much. However, there is the possibility of having families that share their lives harmoniously, without having so many dissimilarities between them. In any case, self-love will develop wherever and with whomever you interact. Love for yourself already exists within you by nature.

However, stop for a moment to ask yourself the following: Is it possible that a hermit can have and feel self-love? Could you develop it alone, without someone's company?

Eventually, you can develop it in your own inner world with dignity, willpower, love and a lot of courage; without depending on validation from anyone or anything external. The hermit is alone. He does not have any type of company or contact with people around him. He is a person who possibly focuses on his survival and daily life in a deliberate way. However, he may be resting in peace continually. He is

responsible for focusing on himself, on solitude, on his authenticity without the help of anyone outside of his individual being. He develops lifelong resilience. He accepts and embraces his entire individual self. Introspection is his life companion. Its characteristics are living a life of silence, contemplation, self-reflection, everything related to self-care, self-discovery, spirituality and inner wisdom.

Every whole human being is a person who knows their intrinsically essential value. Recognize your self-worth. Simply by existing in this world, we are all unique, irreplaceable, worthy of loving and being loved, loving and adoring. Consequently, we deserve to love ourselves and decisively love others.

The impact of self-love on relationships:

Self-love can have a truly lasting, transformative and compelling impact on interpersonal relationships. This is favorable in the foundation for establishing healthier and more satisfying bonds and connections, since they are based on mutual respect, understanding, trust, mutual growth and genuine affection, to name a few.

Self-love is not a selfish action. On the contrary, it is a generous act on your part as it constitutes an essential component to building a balanced, lasting and empowered couple. Self-love fosters independence and reduces codependency; allows honest and healthy communication; helps establish and maintain boundaries in your interpersonal relationships; improves self-esteem and reduces insecurity;

attracts healthy bonds and, therefore, cultivates empathy and compassion.

On the other hand, the absence of self-love can lead to unhealthy relationship patterns, such as codependency or seeking validation from others. It is important to have deep self-knowledge to avoid falling into submissive behaviors, where one or both partners do not contribute their real and authentic essence to the relationship. This means and implies abandoning your intrinsically individual authority to give it to others, without understanding the serious consequences that this entails toward your integral well-being: mental, emotional, physical and spiritual.

Unlearn submission in your life now, if that is something that is affecting you emotionally and especially your self-love. It could lead you to suffer low self-esteem, emotional and physical dependence and, in some cases, even suffering and pain due to abuse of all kinds. However, there may be possibilities of some consensual agreement between the people involved in that specific submissive relationship. So, in those cases, it is completely valid to accept submission as something already established and discussed openly and honestly among the relevant individuals. These behaviors generally manifest as passive behaviors with certain needs to be directed by others for various reasons. They could be the result of childhood trauma, insecurities, needs to be accepted, and to fit into a particular relationship or situation.

Do you feel like you are being submissive in your relationships? Is it something that you have already discussed with your partner and was accepted it mutually? Is your relationship codependent or interdependent?

On the contrary, when people have a positive sense of themselves, they enjoy self-love and self-esteem. They are very likely to form interdependent relationships, which are healthy and balanced. These focus on mutual support, respect and personal growth. They bring out a feeling of unity and independence. They advocate individual and independent development and evolution within the relationship.

Your self-love will amplify your self-confidence, self-esteem, dignity, resilience, autonomy and self-acceptance, among others. Allowing you to live confidently in your own values and principles, without depending on the acceptance, approval or validation of others. You always take charge of your thoughts, emotions and feelings. No one outside of you knows or understands what you truly are inside. Recognize your essential value now.

Distinction between self-love and selfishness in relationships:

It is important to understand the big difference between self-love and selfishness. Self-love, from this perspective, refers to having a healthy respect for your own comprehensive well-being, your needs and your intrinsic personal value, while still being able to care for and empathize with others. It is knowing how to say no to situations or people where you

recognize and understand that they are too big a challenge to accept for your individual integrity and mental, emotional, physical and spiritual health. You practice this for your own healthy motivations with your whole being.

Self-love has to do with valuing yourself and taking care of yourself in a healthy and balanced way. At the same time, it allows you to set healthy boundaries with others and yourself, practice self-care, and ensure your own well-being without causing harm to others. It is based on self-respect and the understanding that taking care of yourself helps you have a better relationship with others. For example: you know that certain people drain you energetically; so, you decide to give yourself your space and give them space for a certain time or permanently.

Self-love is healthy and constructive. It is integrated into your entire individual being; there is no separation of any kind. You are united to yourself, to others, to your environment and, in the same way, to the Universe.

Selfishness in a relationship is understood as invariably prioritizing one's own desires, emotions, feelings and needs over those of one's partner, neglecting their well-being and generating an imbalance in one's own relationship. The signs that indicate that a couple is selfish are: not being empathetic or committed, receiving all the time without giving anything, avoiding responsibility and making decisions without considering their partner. This behavior can lead to mistrust, resentment, emotional distancing, and ultimately deterioration

of the foundations of the relationship, making it more difficult to preserve a healthy connection. Another characteristic is blaming the partner during conflicts instead of taking responsibility for their actions.

Self-acceptance and the impact on relationships:

Self-acceptance consists of fully accepting all facets of yourself and others, including your qualities and weaknesses, without making judgments or setting conditions. You value your dignity and that of your relationships as human beings that they are. This goes beyond your achievements, or what others think about you.

Some particular features of self-acceptance could be:

- Self-awareness without criticism: Refers to an honest and realistic perception of yourself. This implies validly recognizing and accepting all your unfavorable and negative characteristics, without falling into self-criticism or pessimistic internal dialogue. Plus, you accept other people as they are, without needing to change them. However, you can and do have the power to choose and decide who will enter and remain in your life according to affinity and connections in certain relationships. It is a decision made carefully and individually, taking into account the effect it could have on you and the rest of the people involved in the specific relationships. Uncritical self-awareness is also approached with self-compassion, compassion, and empathy.

- Validation without conditions: Unequivocally, you accept yourself completely just for the fact of being alive and unique. Within interpersonal relationships, self-acceptance plays a determining role in authentically experiencing others and yourself. You function genuinely and spontaneously in your social circle, understanding your self-worth and dignity, both human and divine. You do not need or depend on external approval. You know and recognize deep within yourself that you already are complete exactly as you need to be now and eternally.

- A foundation for personal development: Contrary to the mistaken belief that self-acceptance leads to complacency, it is actually a necessary condition for positive change and growth. By accepting your current situation, you are allowing access to the inner space to develop with passion, determination, conviction and self-love; without judgments or preconceived ideas. Create the opportunity toward the development of your individual and authentic self-discovery. Thanks to the self-acceptance of your self-love, you give yourself the possibility to continue growing and evolving mentally, emotionally and spiritually, eternally.

- Disassociate yourself from your actions: Self-acceptance helps you understand that, even if you have made mistakes or have undesirable traits, these aspects do not completely determine your identity or value. Recognize that your actions or emotions do not define you, but that you are an observer of them. Define and establish clear boundaries of behaviors that are and are not acceptable to others. Review your thoughts

and self-talk for possible negative or harmful narratives for your mental and emotional health.

- Self-esteem and self-acceptance are two different ideas: The first refers to how you feel about yourself and how much you value yourself. These develop throughout life experiences. It is related, at the same time, to your achievements, impacts on relationships and social connections and especially on your self-worth. Instead, self-acceptance goes beyond personal worth. It is a more transcendental and unconditional affirmation of yourself. It is the authentic recognition and acceptance of your integral being: mind, emotions, feelings and thoughts, laying a solid foundation for healthy self-esteem.

Self-compassion:

Treat yourself lovingly, with kindness, with affection, understanding and without prejudice; especially in difficult and complicated times. Self-compassion is closely related to self-acceptance. You are worthy of your existence just as you are. Basically, your being is pure love. Embrace yourself emotionally and spiritually daily. Love and accept yourself without self-criticism or comparisons.

Self-care:

Meet your own needs, both physical, emotional and spiritual. Get involved in activities that fill you with pleasure in every aspect. Consciously choose what truly gives you peace, love and joy. Enjoy contact with nature. Focus on your essence,

mainly. Always prioritize your well-being. Take care of your own energy; do not allow anything or anyone to affect your overall health. Practice some activity that gives you peace of mind and comprehensive well-being. Positive internal dialogue is essential, if you need it.

Embrace yourself, with your strengths, weaknesses and unusual traits, without judging yourself. Celebrate your uniqueness. Practice self-compassion, self-forgiveness, positive self-talk, mindfulness, and self-reflection. Establish healthy boundaries with others, prioritizing your self-care and dignity, without getting carried away by comparison with others. Observe yourself and witness your own completeness. Practice gratitude and focus your attention on your personal and spiritual growth, evolution, and expansion. Remove any type of distraction that disperses you from your life purpose. Take responsibility for the time you spend connecting on social media.

It is important to understand the effect that connecting regularly and virtually with others can have on your overall well-being. Choose wisely the amount of time you want to spend sharing with others on social media. Protect your energy from possible inconveniences during your virtual connection and its side effects. Don't let yourself fall into comparison. That is something very harmful to your mental, emotional, spiritual and physical health. Reduce virtual contact time, as much as possible. It will facilitate mental, emotional and spiritual detoxification.

Are you regularly taking care of yourself on a comprehensive level? Do you realize the difference you feel after taking care of yourself?

Self-respect:

Self-respect is a healthy and positive inner feeling of one's worth, dignity and character, characterized by accepting oneself and acting in accordance with one's own values and limits. It involves prioritizing self-care, setting boundaries to protect one's well-being, and treating oneself with kindness and compassion. Earning self-respect requires coherent actions that reflect each person's internal principles and values, which in turn influences each person's thoughts, emotions, and commitments.

Recognize your own worth and dignity constantly. Treat yourself with love and attention. By respecting yourself, others will respect you unequivocally.

Do you command respect with your presence? Do you make yourself respected by interacting in your social activities, with your family and friends?

Forgive yourself:

Abandon self-criticism and past mistakes, accepting your responsibility. Be loving, flexible, self-compassionate and kind to yourself. Your personal and spiritual growth will be reflected in those actions and practices. Understand your thoughts and feelings that take over you. Reflect on them, understanding how inevitable self-forgiveness means. Do not

allow any type of guilt to enter your being. Remember, you are not guilty of anything. Your actions are the result of trial and error, typical of a flexible and conscious life at all times. You are full of all self-forgiveness always.

Do you remember when was the recent occasion for your self-forgiveness? Do you forgive yourself occasionally or frequently? Can you describe your emotional feeling after practicing self-forgiveness?

Gratitude and appreciation:

Appreciate your own strengths, skills and experiences. Write a journal of your experiences and reflections. Create thank you notes written by you and place them inside a jar, calling it a gratitude container. Pick some at random from time to time. By reading them, they will help you feel more motivated, inspired and connected to your different appreciations, daily. That is one of the many ways you can connect with gratitude, on a daily basis. Maintain positive thoughts that encourage you to foster true self-love and self-respect. At the same time, embrace and be grateful for each and every one of your weaknesses, as they clearly show you what you need to strengthen with the help of a consistent dose of effort on your part. Your own individual genuine gratitude will fill you internally with peace, love, joy and harmony. Practice it now.

Now, you have the opportunity to prepare your own motivating notes of appreciation and gratitude toward yourself, written from your heart and soul. Once you have created them, place these notes inside a jar, with the different

messages written exclusively for you. Every day or when you feel the need to read one of them, randomly take a piece of paper out of that jar and you will realize the power of gratitude that you will feel inside you when reading it. The great inspiration and motivation you receive emerge from your inner resonance in its most intimate and sublime message of loving content.

Are you motivated to create and write your own notes, papers and messages of gratitude and personal inspiration? Do it now; they will give you the desired peace, love and joy that you desire.

Intuition:

Trust your inner wisdom, making decisions aligned with your true self; essence. It is that delicate and soft inner voice that whispers sweetly to you, telling you something you need to pay attention to and obey. You can develop and cultivate it by quieting your mind, practicing intentional silence, walking in nature, feeling your body attentively for any signs of premonition.

Intuition develops through introspection, patience, self-knowledge, self-confidence and, especially, through silence and internal serenity. We are all prepared to receive the inner voice, intuition, at every moment of our lives. However, not everyone is aware of this important tool of self-knowledge and self-love. Why? It may be due to a lack of knowledge about it, denying its existence within human beings. There may be

many different explanations for ignorance or lack of belief in the possibility that this faculty actually exists in individuals.

Have you ever had an experience where you felt a deep and subtle message from within? What did you do about it? Did you hear it clearly? That is intuition. It guides you along your true soul path.

Consciously love others. It is giving love, affection, tenderness, care, support, understanding and unconditional respect, for the well-being and happiness of that person; without expecting anything in return. This ability is further enhanced by loving consciously, attentively, deliberately, purely and authentically. It is a genuine act of pure generosity, altruism and empathy, which not only strengthens interpersonal ties, but also fosters a sense of community, connection and integration. Loving does not necessarily mean agreeing on everything or pleasing others all the time, but rather accepting them as they are; without judging them. Recognize them with their virtues and defects, and be willing to support and understand them, without setting conditions, during their moments of needs and weaknesses.

Have you ever wondered if you love consciously? What does it mean to you to consciously love others? Do you practice it frequently?

To love with full awareness is to see and feel the essence of that unique and irreplaceable person. Accept all individuals as they are, without judging them. Embrace all their uniqueness. Love them deeply. Be happy to be able to share all kinds of

moments together: unforgettable and tense or sad. The unforgettable times can be full of love, peace, joy, harmony and gratitude. Participating in sad, tense or difficult moments could create, at the same time, tense situations, having to rely on the mutual reciprocity of unconditional affection, respect and acceptance. Likewise, challenging and stressful situations will undoubtedly exist during various interpersonal relationships throughout your life. However, it is important to remember that it is precisely in those tense and difficult-to-process moments that your personal, and spiritual evolution, and growth occur. These episodes together with the people involved, will only be enriched if there is a willingness and willpower to accept the facts on the part of the affected individuals.

Deep down, all interpersonal relationships are a continuous exchange of energies, vibrating in unison and in disunity, within our souls. It is a feeling of stopping or changing time, without knowing how it happened. A purely spiritual and personal experience at the same time. It is an act of forgiveness and self-forgiveness to love people consciously. You realize how valuable they are to you and vice versa, on a soul and spiritual level. They are a continuous source of valuable teachings and mutual lessons. Interpersonal relationships of any kind: family, friendship, work colleagues, sentimental and romantic, have the common denominator of the intrinsic energy exchange of the human being.

All vital energies are positive and negative. People can live in a high or low vibration. This means that individuals vibrating

high will attract positive energies in every way into their daily lives. They feed internally with thoughts that lift their spirits and confidence. They become strong individuals, empowered to receive all the challenges that will come into their lives. These people consciously and attentively love others as they love themselves: they accept others as they are, without judgment or conditioning. They are committed to building a stable, respectful, loving, free, independent and autonomous relationship. They enjoy the journey of discovering the other person in all its facets: happy, sad, melancholic, adventurous, passionate, discouraged and so many more. However, they do not attach to any of them. They protect their own energy, distancing themselves from people who vibrate lower than them. They cannot establish connections that will affect them energetically, causing a decrease in their overall well-being: mental, emotional, physical and spiritual.

In fact, the life of an individual vibrating high has many advantages and benefits on all possible levels.

Those people who vibrate low attract negative energies or a similar level of vibration. You can consciously love others only from your own level of consciousness and vibrational energy.

The crucial thing is to engage with individuals vibrating high in positive energy. This will tremendously benefit your overall well-being, particularly on a mental, emotional, soul and spiritual level. However, by interacting with people vibrating low, in negative energy, you may take the risk of

getting that bad vibe, which would not be very beneficial or favorable for your quality of life especially in the mental, emotional, physical and spiritual aspects. However, in the end you are the person who will decide who you would and would not interact with on certain occasions. Just remember to always protect and safeguard your energy.

In essence, conscious love for others involves the following:

Authenticity:

You communicate from your authentic self. You are yourself, transparent, face to face, without masks, communicating openly, vulnerably, respectfully, confidently and freely. You respect, accept and embrace your own and others' weirdness. Your intention is not to please others. On the contrary, you are true to yourself whatever situations arise during your life in this world. You may not sympathize with everyone. However, the most important thing is not to deceive yourself, behaving in a way that would be pleasing to others. In reality, there is no established pattern of behavior when it comes to interpersonal relationships; with the exception of diplomatic work or something similar.

Understand the importance of being unique to others; that is the key so that you can respect your uniqueness and authenticity when interacting with different types of people throughout your existence. You express and communicate from your essence; there is your inner truth. Your interest and intention is to foster a reciprocal connection based on loving, happy, peaceful nuances, or a more varied range of tones,

understanding the great difference that exists within the members of your interpersonal relationships. These dissimilarities can be lovingly and authentically embraced and accepted by you, as you understand the meaning of the connections that come into your life. All people involved in any interpersonal relationship are affected positively or negatively, during and after their respective interactions. Each of all your experiences will be a true catalyst for many and varied learnings that beings will receive by exchanging their energies for life.

Other people can accept you, if they first accept themselves. Conflicts can exist when others are not authentic with themselves, creating an obstacle and barrier to accepting others and themselves. These disagreements affect all aspects of relationships, as well as preventing honest and empathetic communication. It is essential to understand and comprehend that you and others are unique individual beings; in their very essence.

Are you always being authentic? Are you true to yourself? Do you fully accept your authenticity? Do you live according to your uniqueness?

Empathy:

It is the ability to understand, accept, listen attentively, and share other people's feelings and emotions. It involves putting yourself in someone else's shoes compassionately, with the intention of understanding and feeling their emotions and perspectives, without judging or criticizing. You behave with

dignity in front of others, connecting with the nature of consciousness, the subconscious and the interaction between human beings. Practice active listening, without interrupting others. Empathy will help you become a more sensitive person toward the feelings and emotions of others, since you will understand and feel what they are communicating to you, whether verbal or not. In fact, empathy is innate and learned, at the same time, through your environment and your personal and individual experiences.

Do you consider yourself an empathetic person? Are you sensitive enough to put yourself in other people's shoes? Do you have the ability to sense other people's emotions while they communicate their thoughts and feelings to you?

Respect for others and self-respect:

It refers to recognizing, accepting and validating the dignity and intrinsic value of each person and living being, without imposing your desires or expectations; you let them be as they are. There is no need to change anyone, not even yourself. You do not criticize or judge others. You respect yourself, since you understand the importance of your individual essence and also that of other people. It is a way to make yourself known through your coherent and congruent words and actions. You let others express themselves authentically and freely, listening to them actively. You pay attention to them, without interrupting them. You don't get upset if something doesn't align with your essence. You don't control anything or anyone. You allow the fluidity of the various

interpersonal relationships that you experience regularly. You respect each person's individual space.

In addition to the statements indicated above, it is worth emphasizing the importance of self-respect. Respect for every living being begins with respect for yourself first. Respect for others and self-respect are essential; they are intertwined.

Do you feel you genuinely respect others? Are you continually respecting yourself? How do you think this world would be like if every individual respected themselves and others?

Compassion:

It is the capacity and ability to selflessly provide mental, emotional, spiritual or physical support when someone is going through difficulties of all kinds. Your intention is to altruistically help people who are going through a situation of suffering and pain. You accompany them comprehensively during and after the course of that event. During the episode under consideration, you focus fully on accompanying the individual, practicing attentive listening without trying to solve their pain or suffering; it is enough to be with that particular person in absolute presence. It is a genuine act on your part, altruistically focused on alleviating that particular suffering, sadness or pain. Compassion encompasses all living beings, including animals.

Do you consider yourself a compassionate person toward others? What does it mean to you to feel compassion for and with all individuals?

Altruism:

It means generously offering what you own, whether money, time or attention, for the benefit of other people. Frequently, it is related to being kind and altruistic, as it means putting personal needs above those of others. Generosity, although many people think it comes down to donating to charity, can also be expressed in daily behaviors.

Below I mention some examples applied to generosity in general:

- You can share your experiences and knowledges to others.

- Feel free to volunteer, whether at a local center for the protection and care of animals or wherever you feel the need.

- You can contact a friend who needs to tell you something important to him or her.

- You can use your free time to help your family members who need assistance in their daily routines, whether hygiene, health, food preparation, entertainment and everything you and they desire.

If you have the opportunity to be generous, you can make a positive impact on other people's lives, leading to a more intense sense of connection and purpose in all vital aspects, both for the giver and the receiver. It is a way to show that

you care about the well-being of your community and the people who make it up.

There are different types of generosity; there is not just one single concept. It can be defined in many ways, depending on various circumstances.

Economic generosity:

It is the most common way, which consists of donating money or goods to people or organizations that need it. It can also be a simple act, like buying a coffee for the person behind you in line, or something more significant, like funding a scholarship for a student.

Have you ever practiced financial generosity? What did you experience by donating something of your abundance to others?

The generosity of time:

It involves offering your time and effort to help others in different situations in their lives. Have you spent time with an elderly neighbor, helping them with their household chores? Even within your family group or friends, there is the opportunity to dedicate your time to them according to their respective needs. You can find even more examples, where you will realize that genuinely assisting someone or several people who need it depends on you and your own will to do so.

Emotional generosity:

It is about being empathetic and understanding with others. It involves you paying attention and offering emotional support without judgment. This type of generosity can be demonstrated by patiently listening to a friend's problems or lifting someone's spirits when they are going through difficult times. Emotional generosity is the act of giving and sharing emotional support, active listening, understanding and compassion with others, without expecting anything in return. It is a way of giving selflessly, enriching both the giver and the receiver.

Have you practiced emotional generosity with someone in your social circle or someone you have recently met? Do you remember what it felt like to listen to them attentively?

Key components of emotional generosity include:

Empathy:

Once again, empathy appears in a list of significant categories. Previously, it was mentioned and explained on the topic of consciously loving others. Now, under the issue of emotional generosity, it also fulfills a fundamental characteristic. This time, it particularly refers to the ability to understand, feel and experience other people's emotions and feelings. It is inherently related to your ability to provide support and emotional companionship to the person in need, without judgment or preconceived ideas. It is a genuinely voluntary

act on your part with the intention of emotionally comforting and accompanying individuals who need it.

Have you emotionally supported someone lately? Did you dedicate yourself completely to providing him with full comprehensive well-being? How did you feel during and after accompanying that person? Were you generous with your available time? Would you repeat that experience with more individuals?

Active listening:

It is about paying full attention to what the other person communicates to you, both verbally and non-verbally, to truly be able to hear and understand their real perspective. When practicing active listening, it is imperative not to interrupt the individual while they communicate with you. That way, you will be able to perceive their mood, emotions, feelings, frustrations and much more. Being able to accompany him/her and understand him/her carefully, for as long as necessary. The person who develops and practices empathic listening can come to feel the soul of the other person, producing a deeper increase in connection and exchange in the respective communication. The most important thing during accompaniment is to connect authentically on a soul level with that certain person.

Do you practice active listening regularly? What do you feel during emotional support with certain people? Do you feel like you are reaching out personally and spiritually to the

person who needs to be heard? Do you include love in listening?

Validation:

Recognize and affirm that the other person's feelings and experiences are valid, even if you disagree with them. By practicing validation with others, you are offering them your trust in mutual interaction, thus triggering the emotional generosity that you are trying to provide to different people who need it. Develops the ability to establish and maintain a stable and healthy connection with other people, thanks to being able to validate their thoughts, emotions, and feelings.

Have you practiced validation in your interpersonal relationships? Do you recognize the impact you have on others when you commit to providing support and emotional listening?

Compassion:

It is the desire to help and comfort someone who is suffering or feeling pain, accompanied by a genuine feeling of worry. You feel other people's pain as if it were yours. It is a deep desire to want to emotionally accompany the person who feels pain or suffering. However, compassion is not limited only to painful situations, but is also a feeling that goes beyond worldly suffering. It is a way to interact with all people, knowing that we are all united in any circumstance or situation. You can feel compassion for someone without knowing that they are going through a problem or suffering

that they do not understand how to eliminate from their body and mind. Compassionate help lies in being present with the individual in any kind of situation, providing understanding, love, affection, encouragement and tenderness. True compassion is loving in essence. Emotional generosity is reflected when you are genuinely generous with your love for your neighbor.

How do you provide compassionate help to others? Do you realize the importance of treating individuals with compassion in general? What do you think about compassion toward the homeless? How do you feel when you are present and face-to-face with anyone? Do you look them lovingly in the eyes and smile without speaking?

Forgiveness:

Another key component of emotional generosity is forgiveness. Develop the willingness to let go of grudges and resentments, as they can free you and others from emotional burdens. It takes a lot of self-love and dignity to forgive someone who hurt you. Remember to forgive others so that you can then forgive yourself. It all starts with your willingness to forgive others first, and then expand that forgiveness to yourself.

Examples of emotional generosity in action: Offer a listening ear to a friend who is going through a difficult time, without interrupting or trying to solve their problems. Give someone a sincere compliment, acknowledging their efforts or qualities. Be patient and understanding with a family member, friend or

acquaintance who is going through difficulties. Sharing your own vulnerability can create a safe space where others can do the same.

Emotional generosity is a powerful tool for building stronger, more stable relationships, fostering a sense of community, and improving the overall well-being of individuals. It is a fundamental aspect of human connection and a crucial element of a compassionate and supportive society.

The generosity of the spirit:

Spiritual generosity has more to do with who you are at your core. A person who possesses spiritual generosity is kind, compassionate, gives altruistically, is not envious, knows how to forgive and forgives himself, and can practice self-compassion.

Generosity of spirit is a way of being that goes beyond simple acts of giving. It is a mindset rooted in altruism, kindness and abundance. It has to do with the generosity of giving intangible gifts such as love, affection, respect, time, compassion, forgiveness and encouragement, among others, without expecting anything in return.

They are spiritually authentic. They recognize their intrinsic value of their inner generosity, which is not based on material possessions, but rather on their spiritual wealth and abundance. This is acquired through different experiences over the years.

The spiritual goodness attributed to this individual contributes to making the world a more caring and interconnected place. They behave naturally, fostering feelings of gratitude, joy, love and understanding in all their interpersonal relationships. This behavior is beneficial for both the giver and the receiver. They enjoy giving their time to others altruistically.

Do you consider yourself an altruistic person? Have you shared your time selflessly with others? Do you share your spiritual generosity without expecting anything in return?

Acceptance:

Accept others as they are, without trying to change them to fit your vision or expectations. By accepting yourself, you have the advantage of accepting everyone. It all starts within you, remember that. There is no need to make any changes to yourself or others. This entails continuous mental, energetic, emotional and spiritual wear and tear. In addition to producing and generating many interpersonal conflicts.

Love others consciously:

Loving others requires constant and conscious effort, willpower, self-discipline, and dedication. You allow yourself to extend your individuality and love toward the person or people you care about. It facilitates the creation of close, sincere, lasting, and meaningful bonds. Most of the time, when you truly and authentically love others, you learn to love yourself at the same time, improving your ability to lead a

healthy and meaningful life. The universal law states that you receive everything you give, simultaneously.

Be present, authentic, sincere, understanding, trustworthy, and respectful of others. These components are essential for developing close love, not only romantic love, but also love that can extend to family and friends. Patience, sincerity, and delicate everyday gestures of kindness can enhance any type of connection, whether with your spouse, family, friends, neighbors, or even new acquaintances.

Close love could be characterized by an intense emotional bond, mutual understanding and acceptance, self-acceptance, and committed support. It is cultivated affectively and affectionately through the frequency, consistency and closeness of interactions with different people. It is an exchange of different types of verbal and non-verbal communication, where the authenticity of the people involved is paramount. It is also understood that this type of love develops spontaneously; without internal or external pressures; it is pure, genuine, interdependent, kind, and respectful.

Consciously loving others is a beautiful idea. It is an essential aspect of the human being and can manifest itself in various ways. It can be the deep love you feel for your loved ones and family; the empathy you show toward someone who is suffering or simply the simple gesture of being kind to a stranger. The constant in consciously loving people is the extension that occurs from your individual being to others.

The inevitable spontaneous and natural propagation of the individual's own essence occurs, giving their loving encounter. The meaning of personal and individual extension is to get rid of the ego and replace it with your soul and spirit. So what happens next is a shared encounter between two or more people filled with highly positive vibrations, flowing from within them. It occurs only if at least one of the individuals involved in the relationship consciously, honestly and authentically opens up to experience the love experience from its pure essence, without putting up mental or emotional barriers.

Do you show attentive love to others? Do you extend yourself emotionally to everyone you come into contact with? Have you experienced conscious love? When was the last time you experienced it? Have you dared to step out of your comfort zone to truly experience conscious and attentive love?

Ways to express sincere affection to others:

• **Pay attention with interest.** One of the most valuable gifts you can offer someone is your full attention and full time. Put aside the phone, your own worries, maintain eye contact and listen with interest and sincerity to what they communicate to you, without interrupting or thinking about your response. Dedicate all the time you have available to them, being empathetic, if possible, so that you can understand and feel their feelings and emotions during the course of the conversation. Be honest, loving and authentic with others.

• **Cultivate empathy.** Strive to understand and feel what the other person is experiencing and the challenges they face. Develop the ability to recognize the feelings and emotions of others, even if you find it difficult to achieve this at first. You can foster a deep, trusting, authentic bond that way. Empathy is the loving ability to understand and feel what people are processing and feeling in certain situations. You can practice it with your family members, if you wish, and then form within yourself a kind of talent of your own when dealing with other people who are not in your family environment. Sensitivity and receptivity are required.

• **Offer help.** Sometimes expressing love involves being present for someone, whether to listen to them, help them with a job, or simply distract them. Your presence and your willingness to honestly help can make a difference to others. Help given with love is even more valuable and meaningful to the person receiving it and the person giving it. Both individuals benefit.

• **Show compassion.** Simple kindness behaviors, such as a sincere compliment, an honest, warm smile, or helping someone in need, can improve everyone's day and create a more supportive and united world.

• **Forgive.** Holding on to resentment can be a very damaging burden on your mental and emotional health. You can free yourself from anger and forgive someone, even if that person has not asked for forgiveness. It is a valuable expression of sincere love and affection for both you and the other person.

Ultimately, love is not only an emotion and feeling, but also a behavior based on your authentic individual self. It is an action that you perform daily through your verbal and non-verbal language, your attention and your compassion.

Vulnerability is intrinsically linked to genuine love and receptivity. It refers to openly showing your feelings and emotions, without trying to hide them for fear of what they will say or preconceived ideas. It is a powerful and very beneficial feeling for mutual personal and spiritual growth, developing a profound evolution and transformation in the people involved. You essentially surrender to others just as you are, without masks, face-to-face, you leave your ego aside. You are real, determined and brave. Do not run away from vulnerability just because you are afraid of suffering and pain, both physical, mental and emotional. Without suffering there is no growth, evolution, or deeply personal transformation. Be bold! Only with pain can you evolve toward the rebirth of the complete and full being that you already are. Remember it. It is worth taking risks in life and loving authentically from your pure heart and soul. That is the only, brave, true and natural way to engage and relate intimately within interpersonal connections.

Are you expressing affection and sincere love to others? How do you behave with someone you are just meeting? Do you consider yourself a receptive person and open to experiencing true love?

Dare to be yourself always. Living without apologizing is a real challenge that I propose you put into practice from now on. You will feel liberated. That is the topic of the next chapter. Enjoy it now.

CHAPTER 5: What Does it Mean to Live Without Apologizing?

To apologize or not? The apology is offered only in situations or interpersonal relationships, where you have intentionally offended or without realizing you have done so. In those circumstances, you do have to apologize. On the other hand, if you expressed yourself and behaved honestly and sensitively in the face of an occasion or person where you were criticized without any basis; it is not valid to apologize, since you did not harm anyone nor did you expect external validation. You express yourself authentically from your heart and soul, accepting yourself with dignity. You are not afraid of being judged, criticized, or censored by other people. It is full and confident self-acceptance, based on the authenticity and certainty of self-knowledge, self-discovery and personal, emotional and spiritual self-worth. You know exactly what you are in essence, now and eternally. You have already done some deep inner work, getting rid of all those layers of masks and uncertainties regarding who you thought you were.

It is important to highlight unapologetic behavior, while being empathetic. It is necessary to understand that empathy is the predominant ingredient in any type of interpersonal relationship. The moment you decide to start living on your own terms and without guilt, you will feel true inner freedom. It is the innate intrinsic freedom of humanity oriented toward

personal and spiritual growth, enthusiasm and aspiration to continue learning. However, it is crucial to remember and understand that your inner freedom has to be accompanied by the empathy that you radiate toward all living beings, without exception. This freedom translates into your way of living deliberately, with conviction and without the need to apologize. You do not justify your choices and decisions, since you are your own person who follows and obeys their essential values and principles. It takes self-confidence, self-knowledge, conviction, courage and determination to start and continue living on your own terms. Although, it shouldn't be done at the expense of others. In fact, not apologizing for the way you decide to live your life is closely related to self-love, self-respect, and self-esteem, to name a few.

Why am I mentioning this topic now? In some way, it is connected to deliberately living, with true inner freedom, genuine love and self-love. It is imperative to love, value, know and respect yourself; that way you will be able to relate to others healthily; especially on a romantic and sentimental level. You live better this way, authentically, freely, knowing that you are always being true to yourself. You are not harming anyone, behaving from your essence, heart and soul, with deep sensitivity. It is for that reason that there is no need to apologize. Unless you consciously insult or disrespect someone; that's where you should apologize. Think and meditate on this topic. This is worth reflecting on. It deserves to be approached with boldness and conviction.

The key points to live without apologizing are:

- **Self-knowledge:** The first requirement is to know yourself and get in touch with your very essence. Recognize the person you truly and authentically are. It is very beneficial to have the necessary willpower to be able to carry out deep introspection, committing yourself personally and honestly to yourself. It is about discovering yourself through the different experiences that come into your life, learning more about yourself, the reasons for your behavior, your thoughts, feelings and emotions. Practice reflection and self-reflection daily. That is a powerful tool that will give you clarity of thought, understanding your human individuality. We are all unique individuals and have unlimited possibilities for personal and spiritual growth and evolution.

One of the keys to living without apologizing is self-knowledge. As mentioned above, it is imperative that you develop introspection and reflection, essentially self-reflection consciously and attentively. It is your responsibility to commit to living deliberately, without feeling guilty about always being yourself.

Do you really know yourself? Are you bold enough to discover your true self?

- **Self-acceptance:** Recognize and accept your strong qualities, your weaknesses and your inherent value without judging yourself. Self-acceptance makes you a completely empowered person. Accustom your mind, body, soul, and spirit to practicing and exercising full acceptance of your

being when it comes to living without excuses. You don't have to change the way you are or act, or compare yourself to someone else; there is no need to do it. Your being is already complete by nature. Don't compare yourself to anyone. Comparison is a waste of time and, more than anything, a waste of your own energy. Live with intention, without needing validation or acceptance from others to feel complete as a human being.

Do you accept yourself automatically? Do you feel like you are criticizing yourself without knowing why? Do you accept your virtues as well as personal characteristics that you may not like about yourself?

- **Authenticity:** Act according to your own thoughts, feelings, emotions and personal values, even if others disapprove or feel offended. Be true to yourself, your thoughts, words and actions, always. Don't conform to others, or try to please other people. That will not help you at all to focus on your uniqueness and the life you truly long to live. Remember that you are unique and unrepeatable. Live genuinely from your soul, heart and spirit. You don’t have to explain yourself to anyone. Nobody owns you. Decide now to live from your essence, convinced of your inner strength that always accompanies you throughout your life. You don't hurt anyone by being authentic. On the contrary, you do yourself serious inner damage if you are not true to yourself.

Do you realize how valuable you are for being yourself? Are you able to live life without apologizing, being authentic?

- **Self-love:** It is closely related to self-esteem. Your personal values, principles and achievements make you a unique person in every aspect. You are always your priority. Be kind and affectionate with yourself in all the activities and situations you carry out daily. Make it a habit. You will see over time the beneficial effect of your behavior, attentive and kind toward yourself, strengthening and empowering yourself internally.

One of the peculiarities of people with self-love is deliberate behavior and conduct. They treat themselves with self-compassion, kindness, self-respect, dignity, and self-confidence, without losing the certainty of knowing their own being, which is essentially love and peace. By consciously understanding that self-love is something innate in all of us, it facilitates the development of interpersonal relationships in any kind of situations. It is a more natural and spontaneous way of relating to others, since you have greater self-confidence and self-respect. Then, your life becomes a constant joy every day, knowing that you behave from your soul, heart and spirit in your different personal encounters of any kind. You live genuinely without apologizing.

Do you practice self-love consciously? Did you give yourself permission to live your experiences from authentic self-love? How did you feel after experiencing it?

- **Personal limits:** It is essential that you protect your energy in moments of personal exchanges, maintaining healthy limits in all your relationships. Once you decide to live on your own

terms, without apologizing, your life will become much more interesting and colorful. You will realize and be more aware of your enormous inner power. Learn to establish clear limits in your interpersonal relationships, always. You may ask yourself the following: What does the idea of setting personal limits have to do with living without apologizing? Try to answer this question yourselves. Establishing conditions in your bonds makes you an already empowered person when you live your life your way. You accept certain behaviors from others and reject behaviors that do not align with your human and divine essence. It is a way to communicate to the people you interact with, your true individuality and uniqueness without apologizing, insulting them or causing them harm. You make yourself respected with dignity according to your behavior toward others. Do not accept behaviors or words that go against your personal self-worth; they can harm you mentally, emotionally, psychologically and physically. That is when you need to clarify your boundaries to others.

Do not allow anyone to harass you. You choose how to interact with others. It is important that you keep your mental, emotional, physical and spiritual well-being firmly in mind. You can't afford to negotiate your peace of mind, at all. If you have difficulty saying no to someone or a situation, your self-love will be your best ally in those moments and eternally. It will give you resilience.

Are you setting healthy boundaries in all your social interactions? Are you clear about acceptable personal boundaries and those you definitely reject

- **Self-reflection and self-awareness:** These two terms themselves are different, but at the same time they are interconnected. You need to have awareness to allow yourself to reflect and self-reflect. Self-awareness refers to the understanding and recognition of your own thoughts, feelings, emotions, and behaviors.

Self-reflection refers to conscious observation and attentive analysis of your own thoughts, emotions, actions and experiences to develop greater self-knowledge, personal and spiritual growth, and more informed decision making.

Be introspective to understand your thoughts, feelings, emotions and actions. Discover the meaning of the reason for your behavior and reactions in certain situations. Investigate deeply to clarify and solve habits or behaviors that are not beneficial for your overall health and well-being. At the same time, you can delve deeper into the thoughts, feelings and actions that bring you love, pleasure, joy and inner harmony, as well as your environment. These can give you great information about your mental, emotional and psychological state that you did not know until now. Reflect on your past experiences and the effects they have had on your life and the lives of others. Define your purposes and objectives reasonably and clearly. Live consciously so that you are aware of your surroundings and the people you interact with.

This involves focusing on the present moment, with exclusive attention to everything you do, hear and perceive daily.

Do you have a habit of self-reflecting on your past experiences and actions? Do you realize the result of your behavior in your interpersonal relationships?

- **Decision making:** Your decisions must be made, taking into account your personal virtues and convictions. Your virtues are an essential component in decision making, as they align you with your deepest goals and purposes. They guide you toward the real choice you need to make in specific, defined situations. Choose and decide from your heart and soul, without apologizing. Decisions made consciously and virtuously are the right ones and mean a complete transformation in your life.

Do not let yourself be influenced by others, nor seek their approval. Only you know and understand what you truly desire for your life to transcend. Do not deviate from your life purpose. Choose and decide based on what your soul and spirit tell you. That is the only thing you have in the present and eternally. Your personal choices and decisions will be right when you start paying attention to your heart and soul.

Live freely and in peace, without needing external validation. Embrace your individual and unique path forward. Live joyfully and authentically, without asking permission or making excuses. Thrive on your own terms. Be brave and daring.

Then, are you ready to take control of your personal story? You are already strong enough to take responsibility for all your thoughts and actions, deliberately. Do not wait for someone else to make your decisions. That will not help you in your personal or spiritual growth. Only you have the responsibility and knowledge to deal with any type of situation; whether emotional, sentimental or financial. You do not have a conditioned mind, nor are you one. You are a free mind. Listen to the call of your soul now. Dare to live without apologies. You have free will.

Are you where you want to be? Are you living according to your true intentions? Is there something that limits you mentally or emotionally to achieve your most cherished dreams? Do you live without apologizing? Are you always authentic?

Those and possibly more questions of that style are and will always be very necessary to understand and discover yourself. Be aware of your essence. Don't give in to anything that doesn't align with your essential values and foundations. Continually cultivate your self-love authentically. Develop your deep spirituality and reaffirm your lifelong truths.

Life is to be lived fully and completed. It takes strength, determination, conviction, patience and a lot of self-love to live and experience what your soul truly needs. Start feeling every fiber of your body, mind and soul to truly understand where your life is headed and become essential.

Have you ever wondered what your soul longs for and needs to experience in this world? Dig deep within yourself, into your very essence; there you have the definitive answer. The only way to know yourself on a soul level is to go to your subconscious, observing yourself from the depths of your being. Discover, confidently, patiently and lovingly your beautiful individual, irreplaceable treasure that resides in your soul and spirit. Therein lies the reason for your existence in this world.

Remember: we are all pure love. The truth dwells only within you. Discover it and that will set you free. Secrets do not exist. You were made in the image of God, of a being superior to you, of the Universe, whatever you want to call it. You are a co-creator in the full sense of the word.

Finally, living without apologizing is an ideal of life that can be carried out only by you, listening to your soul, heart and spirit. It is the affirmation of your complete being with all your unusual virtues and personal characteristics, which may even be considered strange by others. In fact, your uniqueness is what makes you beautiful; it is part of your integrity and individual authenticity, not copied. So, don't be afraid to behave according to how your soul and spirit feel through you. It is not advisable to pretend what you feel or think at certain moments or situations. If you begin to hide your behavior in front of other people, you are betraying and deceiving yourself internally, in your very essence.

Do you consider yourself a person who lives without apologizing? Do you feel complete inside? Are you authentic when expressing yourself and behaving in your different interpersonal relationships? Do you love your authenticity and uniqueness?

CHAPTER 6: Learn to Live Peacefully

You live peacefully when you decide to integrate the life's inevitable problems and concerns into your daily life, regardless of their magnitude. Even if things get chaotic. It is an acceptance of reality itself, as it is, adding calm and peace accompanied by a more relaxed way of thinking that helps you remain peaceful and happy with or without worries and difficulties, accepting them fully. It is a conscious and attentive choice that facilitates the formation of conducts, behaviors, visions and perspectives better directed toward a full, loving and, above all, peaceful life. It is not about avoiding challenges, but about knowing how to face them with grace, dignity and balance. Find your inner peace, being attentive to your thoughts, feelings, emotions and actions, without prejudices. Enjoy moments as simple as breakfast, lunch or dinner. Those are the moments where you connect with the present, being aware of the flavors, colors, textures and smells of your food. As you walk in the rain or sunshine, you feel the water and sun caressing your body, filling it with vigor and calm at the same time. Those are some of the many activities you can experience, fully feeling the emotional stillness of your inner self, essentially.

Recognize that you cannot control situations external to you, but you do own your self-control. However, you can't control everything. The issues that are beyond your influence, let

them go, release them; they are not part of your control. That will give you enormous mental, emotional and spiritual liberation. Control should not exist in everyday situations or in personal or work relationships. In any situation or personal exchange, the key is to stay relaxed and calm, flowing along with the exchange of energies with others. It is possible that some kind of alchemy may even occur between the individuals involved. Alchemy helps the personal and spiritual evolution of all members of a particular connection. They accept each other through self-knowledge and honest and open communication.

Peaceful living focuses on living calmly within a harmonious and loving environment. Inner peace is achieved with self-knowledge, introspection, silence, self-reflection and a lot of patience. You need willpower and conviction to desire to live in peace, tranquility, love, and harmony with yourself and others.

An ideal peaceful life would have the following manifestations:

Detachment and acceptance: Serene people focus on the present moment, being able to self-control and accept what they cannot change, have courage for what they can modify, and have the wisdom to understand the difference between these expressions. They do not cling to any type of emotions, ideas, thoughts or feelings, since they recognize that these are temporary and do not define them. They see life as something in constant movement and change. They do not lose their

energy in unpleasant moments, which will cease to exist moments later. Detachment is done consciously, knowing that the most important thing for the health and well-being of the individual is to maintain their inner peace in its entirety. They cannot afford to waste their precious energy on anything or anyone.

Acceptance and detachment are integrated by being able to accept situations and people as they are, without developing any type of attachment. It is having enough willpower to respectfully and peacefully tolerate the events you may be facing, as well as to accept all the people who enter your life without judging them. There is something very worthy in the behavior of individuals who live life with full and sincere acceptance. It is the dignity of accepting yourself first, validating all your qualities, virtues and your unusual characteristics. By accepting your integral self, you are fostering and strengthening your own inner peace and the peaceful coexistence of your immediate environment.

Do you feel like you live detachedly? Is there anything that makes you cling to something without explanation? Do you accept living without attachment to anything or anyone? How does detachment make you feel?

Presence and mindfulness: People who live peacefully focus only on the present moment. Time is not essential in their lives. There are no clingings to the past or worries about the future. They are completely interested in the here and now. Their presence is defined by being and staying attentively

present in their activities and times of rest and leisure. They do not allow themselves to be distracted by others or situations external to them. They prefer to concentrate on activities that fill them with peace, love and joy, without worrying about the time that has passed. They have a fairly developed and well-intentioned self-discipline.

Do you agree that a peaceful life is achieved by living in full presence? How do you experience a calm life in your daily routine? Do you pay attention to the importance of feeling inner peace? Do you dare to consider your full presence a basic component in feeling calm?

Emotional, mental and spiritual well-being:

They accept and value themselves and do not need the approval or validation of others. Their emotional, mental and spiritual well-being lies in self-knowledge and self-love. They know how to set healthy limits in their interpersonal relationships and different life situations.

There are many different ways to develop and maintain a person's overall well-being. First, it is crucial that the individual has the willpower necessary to dedicate themselves to promoting their enjoyment in all areas. It is about finding what makes you feel fulfilled, peaceful, and joyful.

It is necessary to develop deep self-discovery, integrating your light and your shadow. These two words are naturally linked. One cannot exist without the other; they are inevitably united. Therefore, make sure to bring them together in your daily life.

That will make you a complete, authentic, pure person in harmony with the Universe. You may feel some reluctance when unmasking or facing your shadow. There is no need to fear it. You can face it directly, being brave and determined. By living in light and shadow, you will realize how powerful you are in everything you set out to do and feel.

The manifestation of peaceful life is invariably reflected in your overall well-being: mental, emotional, spiritual and physical. It is the product of the positive and enthusiastic nourishment you offer your thoughts in your daily life. You do not allow negative emotions, thoughts of uncertainty, negativity, and pessimism to enter your mind. Instead, openly embrace and receive all your creative, imaginative, colorful, inspiring and motivating ideas. This way you will be providing a balm of love, tenderness, peace and inner joy to your soul, heart and spirit.

Completely remove from your thoughts, feelings and emotions everything negative, toxic and limiting that is preventing you from moving toward your authentic, prosperous and peaceful life. Then, receive and lovingly embrace the blessings, gifts and miracles that you divinely have at your disposal. That is the possibility of fully trusting your indisputable inner power toward what you most long for in your life. Your comprehensive well-being already exists within you. Dare to awaken it through constructive thoughts, loving feelings, and inspiring and motivating emotions. You are the only one responsible for your own mental, emotional, spiritual and physical health always. Decide now to live

relaxed and calmly, without any internal or external distractions. Be essentially strong and peaceful.

When do you experience comprehensive well-being: mental, emotional, spiritual and physical? Could you live peacefully from now on? Is there anything stopping you from embracing your spiritual peace?

Emotional regulation: Emotional self-regulation is the ability to control your own emotions and the way you express yourself, adapting to various social situations. It is not about repressing or eliminating your feelings or emotions, but rather learning to regulate their intensity and duration according to each situation. This allows you to live calmly and feel a certain sense of security and control over your emotions. It is about not reacting impulsively or unconsciously to any situation or person that gives you a feeling of displeasure or nervousness. But rather, you simply don't react.

Have you ever wondered why you sometimes get irritated with others or in certain situations? This relates to emotional regulation itself. Calm people are aware of their emotions. They are attentive to their feelings and emotions, recognizing and accepting them fully, so as not to get carried away by them. They connect internally to their subconscious world, encompassing the meaning and motive associated with what they are feeling and experiencing at a given moment.

Do you remember the last time you lost self-control with someone or a particular situation? How did you feel inside? What was the reason for your emotional outburst?

Letting go: It is the capacity and ability to be willing to forgive and forgive yourself, without prejudices or preconceived ideas. You need to free yourself from suffering that no longer gives you what you need to experience. You are the master of the life you want to create; do so with mental clarity, releasing any ties of suffering or emotional wounds that prevent you from moving forward. Abandon grudges and pains from the past that tie you to the present. Don't let resentment chain you to the past. Remember: your past does not define you. Let go of everything that no longer resonates or aligns with your new self. Self-compassion helps you deal with complicated and challenging situations that can be emotionally and spiritually tense and exhausting. Go on an introspective journey, toward your soul, heart and spirit, where you will discover the jewel that you intrinsically are. Don't be afraid to go to the bottom of your being; that is where all your inner truths are found.

By letting go of the past, you are opening the door to a new chapter in your life. You can do it consciously, without fear of taking the risk of experimenting and experiencing the unknown. The healthiest way to let go and let go of what may be hurting you is to surrender to something new and promising, allowing you to continue growing and evolving emotionally and spiritually. In addition, you should also forgive yourself and everything you feel is necessary to release the past and start a new life in peace. Dare to do it now.

Are you prepared to let go of a past that no longer allows you to enjoy the present?

Comfortable in solitude: Peaceful people deeply enjoy their chosen solitude, having the ability to rest in peace and love, without feeling guilty. They grow stronger internally by fully accepting it, thus developing a resilience that will last forever. They do not isolate themselves; on the contrary, they are extremely connected to the Universe and its entire environment, including the varied individuals and living beings existing in this world. However, these people need time alone to recharge their energy, which may have been diminished during the various personal interactions they have had. They are fully aware of their personal needs, especially those of themselves.

Loneliness is essential for the development of self-discovery, self-reflection, introspection and, most of all, for the preservation of your spiritual, mental and emotional peace. Only in privacy, with your inner silence and stillness, can you discover your true integral self and feel safe in your own company. It is not simply about feeling comfortable in solitude and letting laziness take over. It takes willpower and patience to truly intend to feel tranquility and deep inner peace. The manifestation of a peaceful life is achieved by loving and accepting yourself as you are, with your virtues and unusual characteristics. You are happy with yourself. You don't seek external validation because you don't need it.

Do you feel comfortable in your own company? Do you value solitude as a means of self-reflection and introspection? Do you see solitude as a form of personal empowerment or an obstacle?

Gratitude: It is another aspect as important as those mentioned above, in the manifestation of a peaceful life. It would be very beneficial and healthy for your overall peace of mind to write a personal diary, writing down in a notebook your thoughts, feelings or emotions that you are feeling at those moments. This act of expressing your inner life in writing offers you the opportunity to describe in detail what your soul feels and thus feel the inner peace that you deserve. Being grateful for the fact that you exist and wake up every day is already a great expression of divine gratitude. Practice inspiring and positive self-talk if you are feeling sad. Seeing and feeling life truly is an attribute of those grateful to be alive. Walk the path of your life smiling inwardly and outwardly, acknowledging all the divine blessings, gifts and miracles you have received and will continue to receive. Your life will immediately or gradually become one of tranquility, calm and joy.

There is another important characteristic of people who like to live peacefully: they are grateful for everything they have achieved and continue to achieve; they appreciate what they have, not what they lack. This attitude changes your point of view radically, as it fills your soul, spirit and heart with joy, peace and a lot of love. Forge daily habits of gratitude, either

by writing your thoughts and feelings in a life diary, or in the way you deem necessary.

Are you grateful for who you are, what you have, and what you had? How often do you practice gratitude? Do you commit to living peacefully through gratitude?

They do not judge: They do not understand the meaning of judgment. That's because they don't practice it on themselves or others. They recognize that each individual has the right to follow their own life path, to be who they are. This non-prejudiced vision encourages the development of a more harmonious and peaceful coexistence in all areas. They know how to relate healthily with others, being self-aware of the equality of each individual in their divine essence. They respect the individuality and dignity of everyone, always. It is incomprehensible for them to try to change others so that they suit their own interests. They let them be as they are, without modifying them.

Are you being judged by others? Do you consider that you are a judgmental or prejudiced person?

Empathy and kindness: Peaceful people radiate compassion. They are supportive of their neighbors and practice self-compassion at the same time. They are characterized by offering and providing help, wishing the best for everyone. Likewise, their behavior is manifested through a calm and peaceful mind and behavior. They have the ability to empathize with the feelings and emotions of others, at a deeper level of connection than usual. They have the ability to

feel other people's emotions on a soul level, triggering the possibility of helping them authentically without expecting any reward in return.

Kindness refers to the genuine and authentic intention of wanting to help, support and stimulate the encouragement of others. Additionally, it refers to your own goodness and kindness to yourself always. It is also related to being friendly, generous and considerate toward others. Kindness is a choice that is within your reach every day of your life. Practice it carefully and intentionally.

As the Dalai Lama said: "Be kind whenever possible. It is always possible."

Authenticity: Individuals who embrace a peaceful life show themselves as they are; authentic. They may be considered eccentric for not fitting into society. They don't care what others will say; they behave naturally without faking their behavior to please others. These people's behavior is based on conviction, calm and congruence. They are certain in the way they think, speak, act, and move. They possess emotional stillness and their thoughts, words and actions are aligned with their behavior. Authentic people flow harmoniously alongside the Universe. One of the characteristics of authentic individuals is that they generally live in a more austere, creative, efficient and practical way, with a routine that could be somehow better organized than that of others. At the same time, they have the flexibility of thinking and reasoning that helps them adapt to the challenges of creative life easily.

These people are true to themselves, living according to their core values, inner visions, and genuine selves, rather than giving in to external pressures or the expectations of their friends, family, or society. Remember to be aware of yourself, know who you really are and accept yourself as you are, with all your imperfections and virtues. Being authentic means being real and honest in what you think, feel and do. This makes you a more relaxed, happy and calm being, facilitating a deeper connection with others.

Are you being authentic in all facets of your life? Do you consider being transparent with others while also radiating inner peace and positivity?

Contact with nature: People who decide to live peacefully need to connect with nature regularly, as they recognize the relaxing and purifying power of the natural world. It is one of the ways to stay healthy mentally, emotionally, spiritually and physically. They are aware of the beneficial effects of the natural world on their overall health. They make walking in nature a daily habit, breathing consciously, enjoying each inhalation and exhalation. They recognize their essence unconditionally and lovingly connected to the ecosystem.

Are you in contact with nature regularly? Do you engage in outdoor activities? How committed are you when deciding to connect with the natural world? Do you value that connection?

Personal care: The priority of peaceful individuals is their physical, mental, emotional and spiritual health. This includes

resting, or getting enough sleep; maintain physical hygiene; eat a balanced diet; carry out activities that bring you peace, joy and satisfaction; maintain balanced mental, emotional and spiritual health with habitual practices of contemplation, silence, reflection and introspection, to name a few.

Do you consider yourself a person who takes care of himself holistically? Do you have routine self-care practices? Do you value self-care? How often do you engage in self-care?

Creative escapes: This is another necessity for people who choose to live calmly: hobbies and creative activities as a form of authentic and personal expression to release or reduce stress and worries. They become enthusiastic and fully dedicated to their various leisure and pleasure activities. They bring them profound mental, emotional and spiritual peace.

Are you giving importance to your recreational hobbies? Do you have free time to dedicate yourself to what you really like to do?

Purpose: These people have a sense of intentional purpose, which helps them face life's challenges. They allow them to focus on what really matters to them and has personal value for them. Life purpose is closely related to their personal values and principles.

Do you want to live with and in inner peace in this world? Have you ever experienced it? What is it like for you to live surrounded by peace? What do you feel in those peaceful

moments? Do you dedicate time to silence and chosen solitude?

Choose as the permanent goal in your life to be an essentially peaceful person. It is crucial to understand and especially remember that eternal peace resides within you, in your soul and spirit. You just have to realize it; awaken it, feel it, and live it naturally. Have the willpower to claim your inner peace with conviction. Living and resting in spiritual peace will be your most transcendental commitment in your life in this world.

What a joy it is to have the resolve, determination and conviction to live peacefully and feel peace within yourself first. That strengthens you internally and empowers you to live mindfully and consciously, understanding that all your thoughts, feelings, emotions and actions align with what your soul truly longs for. Remember: it all starts within ourselves, essentially. If you want to see a change outside, start internalizing yourself now. The transformation occurs within you, definitely; even if you still look the same on the outside.

There are various ways to live peacefully in this world. It helps a lot to have perseverance to achieve this. I will list the ones that I consider most relevant for maintaining a balanced and calm life. Are you ready to put them into practice now?

They are the following:

- Reiki

- Meditation

- Contemplation

- Nature walks

- Mindful writing

- Introspection

- Reflection

- Silence

This is my personal list which I feel it helps me focus, feel calm, balanced, loving with myself, in harmony and joyful daily. It is important to have self-discipline, self-compassion, and self-love to achieve this. Your peace and your happiness are your priorities.

Reiki is a Japanese spiritual technique and practice of energy healing through the use of the hands. Therefore, it helps you relax and achieve mental and emotional balance, while reducing stress.

The practices of meditation, contemplation, nature walks, mindful writing, introspection, reflection, and chosen silence can be rewardingly accessible and very enriching practices for the enjoyment of spiritual peace and feeling in harmony with yourself and your environment. I particularly recommend nature walks, breathing and observing the environment in awareness and consciously embracing its beauty. You can stop to smell a flower or plant, touch it, observe its colors, feeling its unique texture and aroma. Get used to observing the natural world with curiosity and undivided attention. This

action will give you inner peace, love and joy. These moments are unique and unforgettable, since they are not repeated. Take advantage of the opportunity you have in the present moment to fill yourself with love, peace, joy and complete well-being.

Life in this world is simple, but it is made complicated by the fact that there are so many different people who may not align with you personally, mentally, emotionally and spiritually. However, that is exactly the beauty of living in this world. You can transform your life into a daily challenge, interacting with different types of individuals who will help you connect even more with your intention of living peacefully with yourself and others. It requires a lot of willpower, discipline, courage, self-love, self-respect, perseverance and so much more. Dare to take the first step toward a peaceful life within yourself. It will be very beneficial and healthy for your entire being. Also practice deep, slow, attentive, and conscious breathing.

You deserve to live in inner peace, without excuses. Life is lived consciously, attentively, lovingly and intentionally calmly. I hope you can put this exercise guide into practice and thus achieve peace in your daily life. You are your priority, always remember that. You are in this world to live in peace, love, joy with yourself first, and then with others. Don't let yourself be influenced or follow people who don't align with your energy. By being calm, you will be able to relate healthily with others. This is a high and relaxed vibration. Remember: everything is vibration.

Don't distort reality. Psychological projection exists both toward and from people. It is a universal human defense mechanism. It is done unconsciously in most people. Despite this, it can be controlled if the individual is sufficiently self-aware of that projection. It is important to understand that you consciously decide whether you are willing to project something in particular to others. Generally, it is projected onto others' emotions, feelings, thoughts and beliefs that you do not want to recognize within yourself or that you are ignoring. It requires willpower, discipline, self-awareness and inner strength to achieve it. The individual who is in contact with the nature of consciousness and human interaction does not project. That person has already done deep and conscious inner work. Understand the meaning of human projection toward others. It is harmful to the person who projects and to the person who receives that projection. It is not a pure and authentic exchange of positive and well-intentioned energies. On the contrary, projection is an immature and unconscious behavior that must radically disappear from the minds of the individuals who practice it.

Share your life as healthily as possible. Ideally, you would interact with people who vibrate on your same frequency and are on the same wavelength. However, this often doesn't happen for different reasons; it is almost impossible for it to happen. In those cases, let yourself flow lovingly and harmoniously with yourself and others. You can do it. Don't be afraid to be vulnerable and transparent in the face of unexpected situations that can affect you mentally, emotionally and spiritually. Although, the simple truth is that

nothing and no one can hurt the invulnerable spirit. You are that spirit. Develop a powerful and resilient mind. This is achieved by taking the risk of experiencing new and challenging situations and people in your life, expanding your mind and spirit toward self-discovery, self-knowledge and self-love. This is how you can develop your resilience. Although, you already have it, you simply have to remember it and put it into practice.

The possibility of feeling and living your life completely in mental and spiritual peace exists within you, innately. Strive to remember and achieve it, dedicating your time, perseverance and love to it; no matter how long it takes you to reach it. It's not a competition. It's about feeling completely at peace within. The fundamental thing is to have the willpower to face life with fortitude and resolution, challenging any type of inconveniences and obstacles in your path. There is no secret as to how to live peacefully. You have to have common sense, discipline and a lot of willpower, along with self-love.

Do you think you can achieve true inner peace and harmony living in this world? You are the only one who can decide when and how to achieve it. It is a purely personal and unique choice and decision. You will grow and evolve enormously, once you consciously take control of your life. Dare to embark on the great journey, with no return, of a path filled with divine blessings, gifts, and miracles. Your present awaits the best for the near future, although you have to be willing to

take risks and get out of your comfort zone. You absolutely deserve a life filled with spiritual and emotional peace.

Concluding this chapter, I would like to add and warn you that anything is possible to achieve and attain. You only need your willpower, discipline, courage, conviction, and determination. You have everything in your favor to live peacefully in every sense. Just be aware and realize what you really want to feel and experience in this world, and you will be divinely guided toward that personal purpose. Your inner strength is your best ally when it comes to finding and enjoying the peace you long for. Start putting it into practice now. Do you think so? What are you waiting for?

I know you will make it. Have patience, dedication and self-love in all your daily routines. You will develop a natural habit in yourself, once you start living that way. You will celebrate your determination and effort when experiencing complete spiritual peace, which you did not know could exist in this world.

Commit to constantly enjoying your mental, emotional, physical, and spiritual well-being. That is the most valuable thing for the overall health of a human being: to be aware of his pure essence. Individual consciousness categorically directs and guides you toward your mental, emotional, and spiritual peace.

Establish your priorities regarding your thoughts, feelings, and emotions. Develop your natural ability to intuitively connect with your being and your environment. Contemplation,

meditation, and nature walks are very useful tools for connecting with your spirit and soul. They have the characteristic of focusing on the present time, here and now, helping you integrate your intuition into your daily life.

Peaceful living directs you to live in congruence with your thoughts, feelings, emotions and actions. Your life becomes internal and external harmony. Make a commitment to yourself to enjoy a life abundantly rich in diverse experiences, bringing you mental, emotional and spiritual tranquility. Remember: your peace is never negotiated. Don't let yourself be carried away by a reality that you may be distorting. Reality itself is not threatening. Illusions are unreal, they do not exist.

Do you commit to living peacefully from now on? Do you dare to take the first step toward a long and prosperous future: mentally, emotionally and spiritually? Do you have the reins of your life?

EPILOGUE: The gift you give to yourself

Thanks to this revealing book, you have embarked on a journey of self-discovery and personal empowerment; I congratulate you on your decision. By interacting with this material, you are giving yourself a profound gift: the gift of the possibility and certainty of being an individual as you are in essence. You have chosen to free yourself from old, limiting patterns of behavior, challenge your assumptions and beliefs, and consciously shape a life filled with purpose, inspiration, love, peace, conviction, and joy. Your being is complete, as it has always been.

The above is enough to live an existence full of joy, self-acceptance, dignity, self-love, and much more. Remember: you have the right to live a life on your own terms always. Be brave, patient, and determined in all your goals, and never look back.

Remember that this journey is deeply personal and yours alone. There is no exclusive final goal, only a permanent journey accompanied by continuous evolution and personal and spiritual growth. The positive attitude toward life will be your starting and definitive driving force to achieve all your dreams, which you perhaps thought were impossible to turn into reality. Self-love and self-esteem will help you tremendously to develop your resilience in all areas of life in this world. You are a strong person by nature; always

remember that. You can be everything and more than what your mind tells you.

Be proud of how far you have come and how far you will go, embracing with curiosity and enthusiasm the exciting and abundant path ahead. You are the designer and co-creator of your ideal life. Take advantage of using the information contained in this book for your own holistic well-being along with your personal growth and evolution until it becomes a natural habit in your daily life. The idea is to apply what you have read, helping you to fully discover yourself with the exercises and practices mentioned.

Continue to nourish your mind, body, soul, and spirit. Be kind to yourself, be persistent in your efforts, and always remember the deep strength that resides within you. This book is proof of your inherent ability to be whole and great. Discover it and live it in its entirety.

ABOUT THE AUTHOR

Loreto Pastenes Matei, in her debut book, *Your Self is Complete: Embark toward your true freedom and spiritual peace,* offers the readers a powerful blend of wisdom and practical advice, empowering them to trust in their unlimited inner strength and self-love, while also taking powerful responsibility for their choices and decisions.

Loreto is passionate about spirituality and inspirational books. This is her first nonfiction book that she is publishing independently. Therefore, she is determined to share with readers a blend of her personal experiences and the knowledge she has acquired throughout her life.

In her free time, she enjoys inspirational reading, contemplation, nature walks, and particularly forest bathing. Her spiritual journey continues daily, focusing constantly on personal growth and development. She invites readers to embark on a fascinating path toward independence and inner freedom: mental, emotional, and spiritual, without apology.